

8 EASY CHEATS TO BETTER HEALTH

woman



DAVINA'S

**SURGERY
SECRET**

**Bikini
BLITZ**
Lose 6lb fast!

Who's to blame?

32 stone and
too fat to work



Kate's Palace fight



**'I WON'T
BACK DOWN
OVER DIANA'**



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330ml				
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100ml: 113kJ/27kcal				



330ml				
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5kJ 1kcal	0g	0g	0g	0.07g
0%*	0%*	0%*	0%*	1%*
100ml: 1.4kJ/0.3kcal				



330ml				
Energy	Fat	Saturates	Sugars	Salt
5kJ 1kcal	0g	0g	0g	0g
0%*	0%*	0%*	0%*	0%*
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Inside this issue!



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Whether you're cooking for the family or having friends over for a meal, it's great to give them something unusual.

Turn to p42 and check out our five new food trends. We've delicious mini burgers called sliders, pulled chicken rather than pork, plus dairy-free cheesecake, boozy frozen yogurt and cruffins (that's half croissant, half muffin). Oh dear, there goes the diet...

Karen
Editor, Woman



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HALF-PRICE NOVEL OF THE WEEK WITH WHSMITH!

Each week, you can get our 'review of the week' book for less than half price with WHSmith. Just turn to p54, cut out the coupon and take it to a high-street WHSmith for your half-price novel. Happy reading!



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* On the cover

WEEK 11

Fashionista Karan Rai spots the



ROSIE HUNTINGTON-WHITELEY

Model Rosie, 28, oozes sex appeal in this two-toned outfit. Her big and bold prints scream, 'Look at me.'



LAURA CARMICHAEL

The 28-year-old *Downton* actress keeps her look simple with black heels and minimal make-up, allowing the dress to take centre stage.



CHARLOTTE HAWKINS

New mum Charlotte, 40, looks summer-ready in this floral dress. She adds a nude clutch and stilettos for a picture perfect daytime look.



LORRAINE KELLY

Our favourite daytime telly presenter gives us mature glam in this below-the-knee painterly print number and chic black heels.

FLIRTY F

Dare to go bold as these celebs embrace

INSTYLE

stars that have blossomed this week



LORALS

florals for a fresh look this summer

LOUISE REDKNAPP

Yummy mummy Louise, 40, is flying the flag for all print lovers in a retro two-piece with strappy heels. The contrasting print adds an extra oomph.

SALMA HAYEK

Actress Salma, 48, looks bold and beautiful in this rose dress. Opting for a sophisticated knee-length number, her fresh blow-dry completes the look.

MYLEENE KLASS

Singer-turned-business savvy mum Myleene, 37, looks ready for the summer sunshine! The songstress opted for a playful number: beachy hair and platforms.

CHARLIZE THERON

Mad Max actress Charlize, 39, shows off her svelte figure in Gucci. Letting the print do the talking, she keeps her accessories and shoes low-key.



woman

ABOUT

TOWN

Chloe, Sara & Helen bring you the latest gossip...



WATCH OUT, CHLOE, JUDY'S AFTER YOUR MAN!

I'm sure Richard won't mind at all...

BREAKING NEWS!

CALM DOWN, JUDY!

Chloe Madeley has an unlikely rival for her England rugby hunk's affections – her own mother Judy Finnigan! Moments after meeting James Haskell, Judy confessed to finding him a bit of all right. Chloe revealed, 'The first time mum met him, she whispered to me, 'If you don't marry him, I will.' Cheeky! Chloe's been dating James since January and it seems their romance is getting stronger by the day. 'I'm utterly smitten,' she said. Could it be about time to dust off those wedding hats?



The *Good Morning Britain* star with her dad Frank

'MY TEARS'

Brave Charlotte Hawkins has opened up about the shattering loss of her father to motor neurone disease, just weeks before the birth of baby daughter Ella Rose in February. The 40-year-old was also forced to have a blood transfusion during a torrid two-day labour, where she lost a litre of blood. She said, 'It was difficult emotionally. It's the circle of life, my dad leaving us and my daughter coming.'

Gossip to go



* Michelle Keegan lands lead in BBC Drama, *Our Girl* * *Downton Abbey* to be



TRUST DAVINA TO TELL IT LIKE IT IS!

DAVINA SHOCK

Surgery confession

Davina McCall looks years younger than 47 thanks to her healthy diet and lifestyle. But the presenter confessed she wouldn't rule out having some work done. 'I won't say I'll never have cosmetic surgery. I sometimes stand in front of the mirror, pulling the skin on my face taut and I look 10 years younger. So I might disappear to France for a shifty two-week holiday when I'm 60!' We think you look fab as you are, Davs!

Strictly gossip

There's nothing like those *Strictly* rumours to get the glitterball rolling and according to the bookies, the forecast is looking brightest for BBC weather presenter Carol Kirkwood, with odds of 1/6 that she'll appear on the show. Ruth Langsford could fulfil her dancing dream this year too while Alan Titchmarsh and Gordon Ramsay may also get the green light. Time to dust off those sequins, darlings!

It's going to be murder on the dancefloor!

6



Carol Kirkwood



Alan Titchmarsh



Gordon Ramsay



Ruth Langsford



It's the perfect match for little miss sunshine Lorraine Kelly



Andrea lets loose and goes hell for yellow



The bright colour certainly suits Carol's blonde ambition



Amanda never misses a red carpet moment to stand out



It's all about me and my fashion minions!

When it comes to bright pastels, the Queen leaves us all in the shade

YELLOW FEVER!



* Paul Hollywood to appear on the BBC's *Who Do You Think You Are?*

KATE'S ultimate tribute to DIANA

How the Duchess is shaking things up at the Palace in honour of her late mother-in-law

All eyes will be on Princess Charlotte this weekend as the Cambridges' family and friends make their way to Sandringham for the two-month-old's christening. But Charlotte will inevitably be sharing the spotlight with her late grandmother, Princess Diana, too. After all, the Duke and Duchess of Cambridge have chosen to baptise their daughter at the Church of St Mary Magdalene on the Sandringham Estate, the same church where Diana was christened – and in the same week Diana would have celebrated her 54th birthday.

It was a revolution

But that's not the only way Kate and Wills are paying tribute to his late mother, as the royal rule breakers continue to tear up tradition. And according to Palace sources, Kate has even turned to Diana for inspiration in how to battle 'The Firm'.

'Kate has an incredibly secure family unit, but while her mum Carole is hugely influential, there are some aspects she simply can't advise on,' reveals our insider. 'Ultimately, Kate is ploughing a furrow which only one

woman has done before her, and that woman is Diana. Kate has heard so much about her and is beyond admiration for the way Diana coped with the world of problems she encountered.'

And many of those difficulties were caused by the Palace courtiers who strived to control Diana during her first years in the royal family – and found her to be a fierce adversary when she took them on after her separation from Charles. 'In the early days, Diana was like a little mouse, doing as she was told and not rocking the boat at all,' explains our insider. 'But she eventually lost patience and kicked back. It was a revolution.'



Pictures of Prince George and Princess Charlotte will be restricted...



...as Kate follows Diana's lead and tries to keep their childhood 'normal'

'SHE'S LEARNT FROM DIANA'S MISTAKES'

It's no surprise that Kate has looked to Diana on how to deal with the old-fashioned royal officials. 'Kate has scoured the history books for tips from Diana,' our source explains. 'She's always collecting titbits from Diana's friends and is determined to emulate the poise William's mother displayed. But she's learnt from Diana's mistakes too.'

That's why Kate has defied tradition and royal protocol by setting up a permanent base at Anmer Hall, so George and Charlotte will enjoy the same idyllic Norfolk childhood as Diana – away from the prying eyes of London life where the young family would be expected to fulfil official duties. 'Kate knows Diana was insistent on defending her boys from the public glare, and managed their appearances with scientific precision. Diana was a mother first, and an aristocrat second – and Kate's following that to the letter.'

Indeed, Prince Harry has called Diana, 'Quite simply the best mother in the world,' and paid tribute to her informal parenting style that went against royal tradition. 'She kissed us last thing at night and her beaming smile greeted us from school,' he said at a memorial service 10 years after her death in 2007. 'She laughed

'SHE BROKE DOWN BARRIERS'

hysterically when sharing something silly she might have said or done that day. She encouraged us when we were nervous or unsure.' It's exactly that down-to-earth approach that Kate wants to copy with her own children. For the first time in the royal family, Diana broke down barriers between her sons – the heirs to the throne – and the general public. Under her wing, William and Harry had a taste of 'normal' life with trips to McDonald's, theme parks and the cinema.

A TASTE OF NORMALITY

Kate is determined to follow this lead with George and Charlotte. 'The golden rule at Anmer is that the little prince and princess are to be treated like anyone else,' reveals our insider. 'If there's even the slightest hint of favouritism, then Kate comes down on it like a ton of bricks. She wants her children to grow up with respect for others and no sense of entitlement. Kate regards that as her biggest challenge – but when she looks at William and Harry, she's blown away by what a good job Diana did with them.'

The effects of Kate's rules are already plain to see, as George was spotted playing with his cousins Mia Tindall and Isla and Savannah Phillips, at a recent polo match.

And Charlotte's christening will be a chance for the Cambridges to show the Palace that they won't be overruled by choosing godparents from their own friends instead of stuffy society faces.

'Kate likes to keep a tight-knit group of trusted people around her, and it's

'WILLS AND KATE WON'T BACK DOWN'

very difficult for courtiers to get through that layer of armour,' explains our source. 'William and Kate are convinced that the best way of paying tribute to Diana is to act with love, not bound by the strictures of royal life. It gives them the strength to make sure their children have a happy upbringing.'

But it won't be an easy ride. There have been complaints in some quarters that Diana had been all but airbrushed out of royal history with all the focus on the young royals and Charles' rebranding of the slimline monarchy.

But William and Kate won't back down. Our source revealed, 'These days the courtiers ask for their opinion and hope they can influence them in some minor way, which is a world away from the old days when faceless figures would order Diana around.'

'Initially, Kate was happy to take advice, but she's more confident now. The power has shifted and it's the courtiers' worst nightmare.' Go, Kate!

Harry said Diana was, 'quite simply the best mother in the world'



She brought up her sons her own way – no matter what officials said

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for the facts [drinkaware.co.uk](https://www.drinkaware.co.uk)

With the other judges all under 35, Simon will be the 'grandad' of the panel

Simon's BIG X Factor Gamble

The five reasons Simon Cowell could be in trouble...

There's a lot riding on this year's *X Factor*. Yes, it's still over a month until the show hits our screens, but boss Simon Cowell is already facing a backlash over the raft of changes he's brought in to revamp the *X Factor*'s fortunes and make it the must-watch Saturday night spectacular of the autumn, trouncing rival *Strictly* in the process. Here's why we think he might regret it...

3 Old-fashioned rivalry
Mr Cowell has always been clear that he sees the show in direct competition with the Beeb's *Strictly Come Dancing*, and has already fanned the flames of the channel war by poaching Rita (*The Voice*) and Nick (Radio 1) for the all-new judging panel, never mind whisking last year's *Strictly* winner away to host. But he could be setting himself up for a fall if the dancing divas continue on their winning streak and beat *The X Factor* in those all-important ratings.

1 Panel problems
Si caused a stir by hiring youngsters Rita Ora and Nick Grimshaw as judges, landing himself with a cool £8 million bill in the process! But these trendy additions to the judging panel have already left older viewers cold, while Cheryl Fernandez-Versini failed to convince last year. Bring back Louis!

4 Horrible headlines
With the recent controversy surrounding *Britain's Got Talent*, the pressure's on for Simon to make sure his other telly baby behaves! The music mogul was left red-faced after *BGT* came under investigation from Ofcom after claims the show misled viewers over the winners Jules and Matisse when it emerged another dog was used in the act. The incident cast a shadow over an already lacklustre series, so now Si needs *The X Factor* back on top form.



2 Presenters under pressure...
Dermot made it look easy, but hosting a live primetime TV juggernaut is nervewracking for even the most experienced presenters, so you have to question whether Olly Murs and Caroline Flack are up to the job. Caroline's recent flop *Love Island* must have left her jittery, but we think Olly might be able to turn on the charm.

5 Last chance saloon
When Simon's American *X Factor* dream up went up in smoke after being cancelled in 2013, all hopes turned to the British show to restore his TV glory days. But after disappointing ratings last year, not to mention the spectacular fail of the *X Factor* musical *I Can't Sing*, the new series could be Simon's last chance to impress. So buckle yourselves in, folks, because whatever happens, it's sure to be an extremely entertaining ride!



Wimbledon 1985:
Martina won the
singles title nine times



Woman's Nikki
has a very special
tennis lesson!

WOMAN
EXCLUSIVE!

Within minutes of meeting Martina Navratilova, I'm standing opposite her on the tennis court. It's my serve. And as she assumes her famous stance, she cuts an intimidating figure. We're just a stone's throw from Wimbledon, the world famous tennis club where Martina won a staggering 20 titles, making her one of the greatest players of all time. Martina puts me through my paces and by the time we stop to chat, my forehead is still shining. As for Martina, 58, she doesn't have a hair out of place. But while she takes no prisoners on court, in private she's humble and content with life. She married her partner of seven years, Julia Lemigova, last December, after proposing live at the US Open. Here, she talks breakfast in bed, married life and why she'll never rule out doing *Strictly*...

'We're a FAMILY NOW'

Former tennis No 1 Martina Navratilova shares the secrets of her success with Woman's Nikki Osman and tells us why she has no intention of slowing down



'Right after I proposed to Julia we were leaving through the stadium and people were shouting 'Martina! Way to go!' People assume that the younger generation are more supportive when it comes to gay rights and that it's older people who are so against it. But people in their seventies and eighties were congratulating us.'

'Being married feels different. We really do feel safer in our relationship. Now nobody can tell us that we're lesser because we're validated in the eyes of the law. Gay couples haven't had that until recently. I always joked, 'I need a wife' and now that [gay marriage] is happening I feel like, 'Why haven't we asked for that before?' It's nice that we have that option and people can strive for that. The tide has turned. One day I think it will be legal in every country in the world – and it's just a matter of when, not if.'

'We're a family now, a unit. I haven't legally adopted the girls. [Julia's children from a previous relationship, Victoria, 13, and Emma, eight.] But I can go to the school and say, 'I'm Emma's parent'. If they say, 'I want to talk to the mother' I say, 'No, you can talk to me'. It's like, 'Don't mess with my family!' I play tennis with Julia against the girls. The other day when we played I told them if they won they could have anything they wanted – because they weren't going to win. If we won they had to cook us breakfast in bed. We won. But I still don't know when I'm going to get that breakfast!'

'I'm close to 60 now and it just blows my mind! When I hear the words 58, I'm like, 'Are you kidding me?' I'm the elder that I once looked up to! I'm not

an introspective person, but I still see myself as this 30-year-old who still wants to learn and I still feel clueless.'

'People should do what makes them happy regardless of age. You shouldn't put limits on yourself or say, 'I'm too old for that'. You read about women who can barely get off their couch and a year later they're running marathons. It's a matter of putting your mind to it and having the determination and the willpower.'

'When I did *I'm A Celebrity, Get me Out Of Here*, I'd never seen the show. I thought it was just camping. I didn't realise we'd be stuck in the jungle with nothing to do and that I'd be hungry for three weeks. I lost 11lb. [Martina was runner-up to Joe Swash in 2008.] Then I did *Dancing With The Stars* in the US but nine of the 12 contestants had dance experience so it wasn't a fair fight. I've had enough of those shows now I think. But would I do *Strictly Come Dancing*? Never say never!'

'I don't understand how any woman can say she isn't a feminist. Are you saying women should be paid less for doing the same work as men? Are you saying women shouldn't be president of a university or of a country? Define what feminism means to you and you'll see that you are a feminist. It's about fairness. When I do coaching clinics men still think they know better than me. If Nadal tells a man to hit the forehand this way, he's going to try to do that. But if I tell him he'll say, 'Well, how about I do it like this...' But I've encountered [sexism] less than other women because I'm a strong personality and I don't take b*****t from people.'

'I'm so competitive with myself – I've always been that way. I'd ask myself, 'How fast can I go around the garden on my bicycle?' 'How far can I throw this ball?' 'How fast can I skate?' There was never anybody watching. It wasn't about competing with somebody it was about competing with myself and doing the best I could. Everyone gets competitive, certainly the pros do. Who goes out on to the court and says, 'I want to lose?'

*** Martina Navratilova is a tennis expert and tournament commentator on *BT Sport*, which shows 21 exclusively live WTA events each year**



With wife Julia and daughters Emma and Victoria

Visit womanmagazine.co.uk to watch Nikki and Martina in action

Why terrorists will



Compassion
Paul Dadge leads
critically burned
Davinia Douglass
away to safety



Davinia recovered
after surgery and
married in 2009

There are some events in life that are so earth-shattering you remember

exactly where you were when they happened. This week marks the 10th anniversary of the day 52 people were killed and hundreds more were injured when suicide bombers attacked London. On the morning of 7 July 2005, the country was celebrating winning the race to host the Olympics. But within hours, four bombs – three on the Tube and one on the No. 30 bus at Tavistock Square – devastated the city. But while news broke of the horror, so did stories of courage. From Steven Desborough, the last passenger to leave Aldgate Tube, who cradled victims in their final moments, to Suhel Boodi, who went into the wrecked carriage in front to help others. A decade on, it's these stories that prove humanity is stronger than hate. So, this week, when we remember those who lost their lives, we also remember the terrorists will never win.



'In shock, I said I needed to get to work'

Clutching a surgical burns mask to her face and being led away by a stranger, this image became iconic of 7/7 – depicting not just the suffering, but the compassion it sparked in the British public.

The man is former firefighter Paul Dadge who was walking towards Paddington when he came across the aftermath of the Edgware Road bombing. The woman is Davinia Douglass, now 34 – the corporate tax trainee who became one of the 163 people injured in that explosion. She had been sitting just 15ft away from bomber Mohammed Sidique Khan.

'The train wasn't that far into the tunnel when I heard a loud bang to my left, followed by what seemed like a ball of fire,' she says. 'People were screaming

as I walked through the back carriages. I was in shock. I just remember telling people that I needed to get to work.'

Once out of the wreckage, paramedics poured water on Davinia's charred body and covered her face with gauze, before Paul Dadge led her – bloodied and barefoot – to safety.

With layers of scorched skin, it seemed likely she would be scarred for life. But thanks to surgery, she was able to go back to work just a few months later, and in 2009 she got married.

And, although Paul Dadge – who has been reunited with Davinia twice since he rushed to her aid – plays down the notion he was a hero, he's touched by how much humanity he saw. He says, 'I know now if something happens the person next to you will help you.'

'IT SEEMED LIKE A BALL OF FIRE'

never win

On the 10th anniversary of the London bombings, we remember how Britain fought back



Courage
Lisa French was one of the 110 people injured when the fourth bomb was detonated.

Today, Lisa is involved with the Foundation for Peace



‘When I weep on 7 July, it’s not for myself’

A split second decision on something as simple as where to sit on the bus saved Lisa French’s life 10 years ago.

Lisa, now 39, from Tyneside, was in London for a business meeting when she got on the number 30 bus. Carrying her laptop, she decided there wasn’t space next to a teenager who was sitting with his rucksack. So, she decided to sit four rows in front of him.

That teenager was Hasib Hussein – one of the bombers. And moments later, the 18-year-old detonated his device, killing 13 people. If Lisa had sat where she’d originally planned, she would have been one of them.

Knocked unconscious by the blast, Lisa woke up amid smoke and saw the rear end of the bus was missing.

‘There were no seats left behind me

attached to the bus,’ she said. ‘There was literally no bus left. It just dropped down behind our seats.’

Treated for perforated eardrums, broken teeth and cuts and bruises, Lisa counts herself as ‘very lucky.’

‘When I weep on 7 July each year, it’s not for myself I cry,’ she says.

‘It’s for the lives lost and the families who were destroyed.’

And, despite the atrocities she saw, Lisa has tried to use her experience for good – getting involved with the

Foundation for Peace, a charity that was set up to help bombing victims.

Lisa says, ‘I’m driven by the hope that no other family will have to endure what we went through on 7/7.’

‘THERE WAS LITERALLY NO BUS LEFT’

TIMELINE OF TERROR: 7/7

8.30AM CCTV images show four men, carrying rucksacks, hugging before going towards different Tube stations.

8.50AM Shehzad Tanweer detonates his bomb between Liverpool St and Aldgate, killing seven and injuring 171.

SIMULTANEOUSLY, Mohammad Sidique Khan, on a Circle Line train, explodes his bomb at Edgware Rd killing six and injuring 163 while Germaine Lindsay on a Piccadilly Line train between King’s Cross and Russell Square kills 26 and injures 340.

8.52AM Reports of ‘power surges’ but no mention yet of terrorism.

9.47AM Hasib Hussein sits on the top deck of the number 30 bus. His bomb explodes in Tavistock Square, killing 13 and injuring 110.

1.13PM Mayor of London, Ken Livingstone, says people responded ‘courageously’ to the ‘cowardly terrorist attack’. Jack Straw, Foreign Secretary, says the attacks bear the hallmarks of al-Qaeda.

TV TRIBUTE

Jenny Nicholson, 24, was killed at Edgware Road and this Sunday, *A Song For Jenny*, an adaptation of her mum Julie’s book, airs on 5 July on BBC1. It’s a frank account of the devastation felt by one family.



Bring back the good times.

You want to keep enjoying the food and drink you like.

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N°1 DENTIST RECOMMENDED BRAND FOR SENSITIVE TEETH

Don't tell me I can't...

wear a bikini for the first time in my 40s!



It might have taken a while, but Paula Walker is finally body confident and ready to bare...

Looking at the photos of Lorraine Kelly in a bikini in *Woman*, it's hard not to be impressed. Without any retouching, there's no denying she looks incredible. And considering until this year I'd never even owned a bikini, I can't help but admire her for baring all.

I spent decades covering up. As a child, thanks to hearty home-cooked meals and my love of sugary treats, I was always the chubby one at school. By my teens, I had a stubborn belly roll and round face.

While my friends went on girlie holidays abroad, the idea of getting half-naked on a beach meant I turned down every offer. It was only at 23 that I relented.

While I should have loved our trip to Tenerife, I couldn't help feeling envious of the stick-thin girls at the pool. A size 16, I was hardly huge, but with all my fat clinging to my middle, I covered up in long skirts and baggy T-shirts.

When I met Stephen through work in 2006, I still loathed my wobbly bits – and they only got worse. Working long hours as an accountant, I'd rely on bars of chocolate for an energy boost and I'd snack all day long. Then, when I got home, I'd be craving something stodgy – so I'd devour plates of pasta covered in cheese. It felt like every month a couple more pounds crept on.

I lived in loose clothes and despite only being in my thirties, I felt old and frumpy. I tried diet after diet, but with no willpower, I'd soon be back reaching for the biscuits.

Soon I was a size 18 and, at 12st 7lb and 5ft 3in, I felt awful. Whenever we went away, I'd dread having to get into a swimming costume and I'd baulk at being in photos.

But it was seeing snaps in April 2014 of

me in an XL swimsuit that made me realise I wanted to make a change. I couldn't face another holiday feeling bad about myself. I checked my body mass index and it said I was obese. There and then I made a vow – I was going to get healthy.

I started by running every few days – I was slow and breathless at first, but it soon got easier. And a month later, I signed up to the Jane Plan – a healthy eating regime with food delivered to your home and weekly motivational emails and calls.

It cost £50 a week, but with breakfast, lunch and dinner prepared for you, I didn't have to worry about a thing. The porridges, pasta salads and chicken curries were

delicious. I got to have a cookie each day, too, for my sweet tooth.

Within a week, I'd lost 5lb – and the weight kept falling off. As my new shape emerged, my confidence grew and instead of worrying if people were looking

at me in the street, I held my head high.

Four months later, I'd lost 3st and was down to 9st 7lb. But the best was to come.

This year we booked a holiday to Turkey and that meant one thing – bikini shopping. I chose a red two-piece from Wallis and as I looked at myself in the changing room, I had to fight back tears. Yes, I was 42 and wearing a bikini for the first time, but I'd never felt – or looked – better. I wasn't going to hide any more – who cared if people stared on the beach? I was so proud of myself, and Stephen said the same thing when I modelled it for him that night.



Looking amazing in her bikini, Paula's now full of confidence



Paula was inspired to lose weight after seeing this snap

A year ago, I'd have dreaded the idea of baring my midriff on a beach – but now I'm counting down until I can pose by the pool for a photo! Some people might think women over 40 shouldn't be seen in a two-piece, but to those ignorant few, I say just try and stop me!

* janeplan.com

Yes, you can BUT REMEMBER...



Woman's Fashion Editor Paula Moore says make sure you choose a style that fits and flatters!

* If you're busty, pick styles with built-in bras. The wide straps, underwire and cup sizes will give you support.

* For pear shapes, draw attention to your upper half with a low neckline. A halter-neck design is as flattering as it is fabulous.

* High-cut bottoms will make your legs look longer. Horizontal stripes can make you appear taller, too. And vertical stripes can add curves to a small frame. 🍷

ARE YOU PART OF GENERATION Y NOT?

Generation Y Not! are 40-plus women like you who are grabbing life with both hands. Let us know how you rewrite the rules on Facebook and Twitter or by email. For details, see page 3.



When I spot my little girl Emily* dancing around our living room, I can't help but smile. Like any mother, I know every

inch of my child's face – from the subtle dimples in her cheeks to the exact shade of blue in her eyes. But those eyes also betray the sinister story of how my daughter came into this world...

I always wanted to be a mother. I was 19 when I met my partner John* on a blind date and, both desperate to have a family, we started trying straight away. Two years later, our daughter Amy* was born, followed by Beth*, Kelly* and Abby*. And while our home was more than a little bit chaotic, it was a happy kind of chaos.

Abby had just turned two in March 2005 when my friend Alison* invited me on a rare night out to celebrate her birthday. With John working, I called a babysitter. And after I kissed the kids goodbye, I headed to a local pub to meet Alison.

We spent the evening chatting over a few glasses of wine and, although it was fun, when I saw it was 11pm, I was desperate to get home to my family. Looking for Alison, I went outside. When I saw a man she'd been talking to earlier, I asked him if he'd seen her. Before I could walk away, he threw me over his shoulder and began to run.

Worst nightmare

I screamed, desperately looking around me, but the streets were deserted. I kicked my legs and pulled his hair, but his grip only tightened. He ducked into an alley before running into a driveway. The next thing I knew, he was bundling me into a house and pushing me down on to a bed.

My heart hammered as he tugged at my

'I saw the man who attacked me in MY BABY'S EYES'

When Jennifer Dawson fell pregnant after a horrifying attack, she assumed the child was fathered by her partner. But she was wrong. Here, she tells her story...*



Evil attacker: Shaun Hopkins



dress. As he threw my clothes on to the floor, I felt the pit of fear rising up inside me. I knew what was about to happen.

Refusing to watch him violate me, I shut my eyes. I thought of my children at home, where I should have been. Instead, I'd found myself in a middle of my worst nightmare.

The tears rolled down my cheeks as I willed it to be over. When, finally, it was, I tried to pull away from him. The last thing I saw was his fist moving towards my head.

I must have passed out, for when I woke, I was lying on a pavement with a voice calling my name. 'Can you hear me?' Alison asked. My dress was damp with my blood and it barely concealed my naked body beneath it. I didn't know how she'd spotted me lying in the street, I was just relieved that she was the one who'd found me.

Somehow I made it home and although it took every ounce of strength not to run to the shower and scrub myself clean, I knew there was something I had to do. I went straight to a nearby Rape Crisis centre, where a nurse examined me. She took evidence for testing before giving me the morning-after pill to ensure I wouldn't fall pregnant – the thought was too horrifying to bear.

Reliving the horror

Back home, I felt determined to move on with my life. I fixed a smile to my face at the school gates and convinced John that I was coping. But in bed at night, I'd see my attacker's face leaning over me and I'd relive the nightmare all over again.

Two weeks later, I realised my period was late – and a test confirmed I was pregnant. I felt a wave of panic, but it soon subsided – I'd taken the pill, so this baby had to have been conceived before the attack. 'This is just what we need to move on,' John said.

In December 2005, Emily was born. As I took in her chubby cheeks and big blue eyes, I felt a familiar rush of maternal love. And back home, surrounded by her sisters, Emily grew into a lively, confident toddler.

Emily was three-years-old when, as I sat on the sofa one day, she came running towards me. 'Mummy, Mummy!' she cried. But the expression on her face left me paralysed with fear. For the first time, in my daughter's bright, bubbly face, I saw him – the man who'd raped me.

I thought back to the day I'd taken that pregnancy test, desperately calculating the dates in my head. Could my rapist really be the father of my beautiful daughter?

I tried to push my doubts to the back of my mind. But soon, every time she looked up at me with those eyes, the horror of that night would come flooding back.

With a heavy heart, I shared my fears

with John. 'I think we should get a DNA test,' I said. He adored Emily and I knew the idea that she might not be his biological child would break his heart, but he agreed.

A medley of emotions

We went to the hospital, where nurses took samples from our cheeks. The following weeks were among the longest of my life as I waited for the results. But when John called one day, struggling to speak through sobs, I knew my worst fears had been confirmed. 'Emily isn't my daughter,' he stuttered.

Unable to reconcile my beautiful child with the violent way she came into the world, I sank into a deep depression. I stopped leaving the house and began to snap at John. Months later, my grief took its toll – we separated, and becoming a single mother, life became harder still.

And there was something else to contend with. Despite the forensic evidence I gave, police still hadn't found my attacker. So as my children grew older, I lived in fear that this man, who obviously lived locally, would one day try to hurt them, too.

It took nearly a decade but in March 2014, police revealed my attacker was a man called Shaun Hopkins. I was horrified to hear he'd also attacked a young girl. We both gave evidence from behind a screen and I wept as I relived it all. Mercifully, he was found guilty of rape and sentenced to a minimum of nine years.

A year on, I still count myself lucky that my attacker is behind bars – it's a piece of mind too many rape victims don't have. But relief is just one of a confusing medley of emotions that I feel every single day.

I'll be dealing with what Hopkins did to me for the rest of my life. And when Emily, now nine, grows up, and I find the courage to tell her the truth about how she came to exist, she'll be dealing with it too.

Until that day, I'll surround her with all the motherly love I can. I just hope it makes up for the hate I feel for her father. ☹

**'I TRIED TO
PUSH AWAY
MY DOUBTS'**

ON-SCREEN DRAMA

One of *EastEnders'* most famous scenes – when Kat Slater revealed she was raped and her 'sister' Zoe was her daughter – has just been voted the greatest storyline of all time.

The controversial plot saw Kat, played by Jessie Wallace, reveal that as a teenager she was attacked by her uncle Harry and became pregnant. Rather than tell the truth about her ordeal, she let Zoe believe she was her sister.

WORDS: NIKKI OSMAN AND GERALDINE MCKELVIE
PHOTO: IMAGESOURCE. NAMES HAVE BEEN CHANGED.
MAIN PHOTO: POSED BY MODELS

Summer LOVE

*Revert your wardrobe to the carefree summers
of the 1970s for a luxe hippy look that works now*

FASHION DIRECTOR: **CAROLINE BAXTER** PHOTOGRAPHER: **OLIVIA GRAHAM**



FRINGE BENEFITS

Swap your biker jacket for
suede and slip into summer's
key trend – fringing.

Dress, £69.99, sizes 6-18, Mango
Jacket, £149, sizes 8-16, Very.co.uk
Earrings, £12, Accessorize
Necklace, £17.99, New Look
Ring, £30, Zara Taylor
Belt, £39.95, Joules
Bag, £35, Topshop
Shoes, £24, Next

MODERN ROMANCE

Recreate retro prints with soft feminine pieces and floaty fabrics. Timeless!

Jacket, £29.99, sizes s-l, Mango

Dress, £55, sizes 6-16, Topshop

Bag, £58, Next

Belt, £19.50, M&S Collection

Earrings, £10, Wallis

Ring, £49, Ottoman Hands

THE DREAM DRESS

We've found your ultimate summer dress. Toughen up a dip hem and flirty print with tan accessories.

Dress, £90, sizes 8-18, Preen Edition at Debenhams
Hat, £32, Topshop
Earrings, £12.50, part of set, and necklace, £16, Wallis
Belt, £8, Accessorize
Necklace, £16.50, Wallis
Bracelet, £15, Accessorize
Three-gemstone rings, £26, Nate and Etan at QVC
Single stone ring, £8, Accessorize
Shoes, £79, Dune



Graphic florals and a floppy hat are the two essential buys to nail this trend. Build up delicate jewellery for interesting layers.

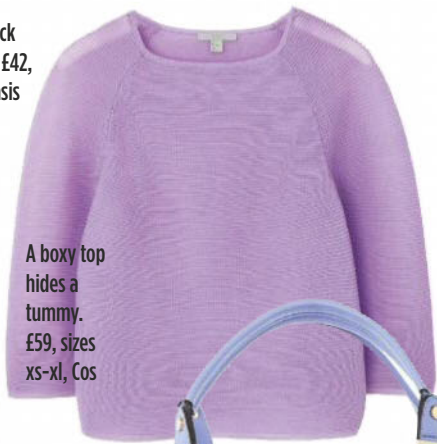
Dress, £45.99, sizes xs-l, Zara
Hat, £17, Accessorize
Ring, £54, Ottoman Hands
Long necklace, £12.50, and earrings,
£5, Daisy and Eve at Evans
Bracelet, £12.50, Dorothy Perkins
Necklace, £9.99, New Look

- * Choose light layers to achieve that effortless floaty feel.
- * Pick ditsy florals over big blooms for authentic 1970s vibe.
- * Accessories are key for this trend. A big floppy hat or tan wooden platforms will transport your look back a few decades.
- * Keep your figure feminine when wearing loose dresses by belting your waist.

WORDS: RACHEL BASSETT, FASHION ASSISTANT; MEGHANN THORP, MODEL; MICHELLE MCCALLUM AT ELITE HAIR AND MAKE UP; KATERI GIEHL FOR UTOPIA NYC. WITH THANKS TO ALTIS GRAND HOTEL, LISBON (ALTISHOTELS.COM)



Give your black blazer a rest. £42, sizes 6-16, Oasis



A boxy top hides a tummy. £59, sizes XS-XL, Cos



Pastels are on-trend for your nails. £6, Topshop



Try a colourful handbag for a change! £59, Dune



Brighten up your underwear drawer. Bra, sizes 38E-46H, briefs, sizes 14-26, Sculptresse at Evans



Burberry S/S 2015

Lady LILAC

If you buy any colour this summer, make it this one

INSTANT WARDROBE UPDATES



Alberta Ferretti S/S 2015

You don't have to do head-to-toe colour, try a flash on your wrist. £65, Olivia Burton



A bodycon skirt creates curves in all the right places. £45, sizes 12-32, Simply Be



Got a fancy occasion coming up? A shift dress is ideal. £42, sizes 8-22, BHS



The beading makes these sandals look designer. £49, Faith at Debenhams



A sleeveless jacket adds a stylish extra layer. £68, sizes 6-16, Topshop

Go boho

Ethnic jewellery has gone luxe this season! Mix beads, bold brights and tassels to nail the trend!

Brighten up any outfit.
Necklace, £19.99, Zara

Splash of
neon.
Necklace,
£15, Wallis

Simple
stone cuff.
£8, F&F

Totally tribal.
Earrings,
£12.50, Topshop

Glam earrings.
£79.90, Konplott

Aztec-inspired.
Necklace,
£22.50, Topshop

Statement
necklace.
£14.99, New Look

A MONTH of SH

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

Whatever you're doing
this July, we have the shoes
and bags you will need for
every occasion



5 THE SANDALS YOU WON'T WANT TO TAKE OFF!
£79, Boden



6 PERFECT FLATS FOR THE OFFICE
£110, Whistles



7 HEADING TO THE BEACH?
£39, Accessorize



1 £39.99, Bershka



8 BRIGHTEN UP YOUR WORK BAG
£39.50, M&S



12 POSH FLIP FLOPS
£35, Ted Baker



13 KEEP YOUR ESSENTIALS SAFE
£69, Ted Baker



14 PERFECT DAY-TO-NIGHT SHOES
£39.99, Zara



15 MINI CROSSBODY
£17.99, Zara



19 IDEAL FOR HOLIDAY SHOPPING
£60, New Balance



20 UPDATE YOUR EVERYDAY SANDAL
£50, Clarks



21 £65, Dune



22 LACE UP YOUR FLATS
£60, Office



26 £24.99, New Look



27 £69, John Lewis



28 £45, Accessorize



29 GLAM GLADIATORS
£50, Aldo

IOES and BAGS!

THURSDAY

FRIDAY

SATURDAY

2

**ADD SOME
SUNSHINE**

£79, Karen
Millen



3

**FEELING
FRUITY?**

£10, Primark



4 **GREAT
FORA
SUMMER
WEDDING**

£15, Oasis



9

**PERFECT FOR
SIGHTSEEING**

£50, Selected at ASOS



10

**AFTER
WORK
DRINKS**

£20, River Island



11

£79,
Boden



**GO
ONLINE**

**SEE 21 MORE
MUST-WEAR
SUMMER
SANDALS
FROM £12.99**

womanmagazine.
co.uk/sandals

16

**BE BOLD
IN ORANGE**

£55, Miss KG



17

**THE
SUMMER'S
STYLISH SANDALS**

£40, River Island



18

**PARTY
SHOES**

£30, Next



23

**FRINGE
FESTIVAL**

£65, Topshop



24

**PARTY
SHOES**

£49.99, Mango



25

**ESCAPING
FOR THE
WEEKEND?**

£69, Paul's Boutique



30

**ADD SOME
HEIGHT**

£95, Dune



31

**PERFECT FOR
COCKTAILS**

£69, Dune



The new friends with **BENEFITS**

*It's not what you think...
We meet the women
who've harnessed the
power of female friendship
to do something amazing*

'WE WENT FROM BARS TO BOUQUETS'

Anna Day, 33, lives in London.

Every year on my birthday in December, I get a bunch of flowers from my friend, Ellie. Her gift is more than a touching gesture. It's also a poignant reminder of how far we've come together.

I used to be one of those people who didn't know what I wanted to do with my life. After training as an illustrator, I lived abroad in my twenties, and by the time I returned home to London, I felt listless.


I took a course in floristry before signing up to another in midwifery, getting a job in a pub to earn some money on the side. It was there I met Ellie.

Finding our calling

As she told me how redundancy had left her feeling despondent, I realised we were going through the same thing. Staying in the pub chatting long after our shifts ended, I knew that in my new colleague, I'd found a good friend.

Then another friend decided to host her wedding reception at the pub where we worked and, knowing I'd done a course in floristry, she asked me to do the flowers. The night before the wedding I was up until 4am and by the time Ellie arrived for her shift I was in a state of panic.

'Do you need a hand?' she asked. With her positive approach, our daunting task suddenly seemed doable, and by the time

A woman with blonde hair, smiling, is holding a large bouquet of flowers. She is in a florist shop, with shelves of various glassware and flowers in the background. The bouquet she is holding includes white roses, pink roses, and a large arrangement of white and pink chrysanthemums.

Anna (right) met Ellie when they were both looking for a new direction

the bride arrived, she was thrilled with the work we'd done. I didn't know it then, but the idea for our business was sown.

Before long, Ellie and I were visiting flower markets together every weekend, buying bouquets to decorate the pub. And when word spread among friends about our arrangements, we found ourselves doing a wedding every month.

We had no office, business plan or job titles. But as we arranged bouquets from

the pub car park, we both knew we'd found our calling. A year later, we built a website and started renting a local studio, and The Flower Appreciation Society was born.

Now five years on, I've got the kind of career I could only have dreamed of when I started pulling pints. And it's all thanks to the former barmaid by my side.

*** The Flower Appreciation Society:
An A To Z Of All Things Floral, Anna
Day and Ellie Jauncey (£20, Sphere).**

‘OUR FRIENDSHIP GAVE US COURAGE TO SING ON STAGE’

Becky Browning, 43, lives in Wiltshire with her husband Stephen, 50. They have two children, Jack, 15, and Ben, 13.

As a child I dreamt of becoming a performer, learning the trumpet and starring in musicals. But over the years life got in the way, and after meeting my husband, Stephen, and having our sons, I became a Zumba instructor.

In July 2010, we moved to a tiny village in Wiltshire, where I set up a Zumba class in the local village hall. With her wide grin, I noticed Jacquie the moment she bounded into my class. The other women attending the class looked very focused on learning the moves, but Jacquie just seemed to laugh her way through it all.

The show must go on

I came to discover that Jacquie was a songwriter, so when I threw a Christmas party for my Zumba clients, I asked if she’d perform a song. ‘Why don’t you sing one with me?’ she asked.

I hadn’t sung in years, but buoyed by my friend’s enthusiasm, we wrote a song about Zumba and, as we sang together about saggy boobs, bingo wings and muffin tops, I realised the chemistry we had in our friendship was even stronger on stage.

When Jacquie told me she wanted to record an album for charity – and she wanted to do it with me – I was thrilled. Jacquie’s strength was writing ballads, while I loved doing the more upbeat songs. We hired a studio to record in and, by June 2014, our album was finished and uploaded to iTunes.

Since then, we’ve performed at a festival in front of 900 people and started work on our second album. We’re hardly treading on Beyoncé’s toes, but when I’m up on that stage with my best friend by my side, I feel so proud.

*** *Everything*, Finkle & Sky (£5.94, iTunes)**



Phyllida (top left) and Maxine met as teenagers (inset)

‘WRITING ABOUT OUR DIVORCES BROUGHT US CLOSER’

Phyllida Wilson, 50, lives in Cirencester.

Maxine and I were 19 when we first met in a French class at university, and when we both decided to spend our third year living in Paris, we bonded as we discovered the city and toured the sights together.

Back home, we met our respective husbands at the same time and even became godmothers to each other’s children. While I moved out of London to Gloucestershire, Maxine moved overseas to South Africa, and we assumed we were both happy.

But the reality was rather different. After six years of marriage, my relationship began to fall apart – and when I relayed my trauma to Maxine over the phone, she confessed she was going through the same thing.

Positivity through pain

I soon found myself navigating the unknown territory of solicitors, divorce courts and custody battles. But after her own divorce was granted, Maxine came back to the UK and, reunited at last, we found solace in sharing our stories.

We often joked that we knew so much about divorce that we could write a book on the subject. Then, one afternoon in September 2012, as we sipped coffee in Maxine’s living room, I asked, ‘Why *don’t* we?’ We started scribbling down ideas and, just hours later, we had the structure of our book.

We’d write the book whenever we could. And chronicling the hardest time in both of our lives brought us even closer together as friends.

Three months later, our manuscript was finished. A publisher agreed to take us on, and in March this year *A Woman’s Guide To Divorce* hit the shelves. Our friendship got us through our own dark times, and now we can only hope that our words will help guide other women through theirs. ☺

*** *A Woman’s Guide To Divorce* by Phyllida Wilson and Maxine Pillinger (£9.99, Little Brown)**



Becky (left) and Jacquie share a love of performing

STAY-PUT BASE

Whatever your look, make sure you have the best base to ensure your products stick...

1 Start with a primer such as **Amazing Cosmetics Anti Aging Face Primer, £25.99**. It acts as a barrier between your skin and your make-up, so your skin doesn't suck all the moisture from your foundation, resulting in a long-lasting look.

2 Next up is your foundation. 'Choose a matte or demi-matte texture,' advises celeb make-up guru James McMahon. 'In hot weather, you should avoid anything too illuminating as it will make you look hot and sweaty.' We like **Kiko Sunproof Powder Foundation SPF15, £13.90**.

3 As for contouring, it's not about giving yourself a whole new face – it's about enhancing what you already have. 'You want to create the ideal oval face,' says make-up magician Sharon Dowsett. Try **Maybelline Master Sculpt, £6.99**, a contouring palette with a light, powdery texture that won't melt. Use the darker shade around the edge of your face, under cheekbones, on your temples and along your jawline. Then use the highlighter along the tops of your cheek and brow bones and down the bridge of your nose.

4 Add some colour to your cheeks with **Clinique Cheek Pops, £16.50 each**. They have a powdery texture, so the colour won't slide off your face, and come in a range of dusty rose shades that are ideal to take you from day to night.

ALL-DAY EYES

Work a khaki eye for an on-trend look.

* 'For long-lasting eye make-up with punchy colour, layer powder over cream,' says James. 'Powder on its own won't give the same intensity.' Or try a kohl pencil with a line of powder over the top – it will last longer and won't smear as much as pencil alone.

* Take a khaki cream eyeshadow like **Origins Ginzing Brightening Cream Eyeshadow in Khaki Kick, £17.50**, and cover your whole socket, then work a powder shadow in a similar colour, like **Revlon ColorStay ShadowLinks in Khaki, £2.99**, over the top. 'Put them on in thin layers,' says Sharon. 'This helps the colours grip better and last longer. Then blend everything together. Blending is your friend!'

* A bit of gold will bring a lively sparkle to your eyes. Take a gold kohl pencil like **Sleek MakeUP Kohl Eyeliner Pencil in Gold, £1.99**, and draw along both your upper and lower lash line, then go over the top with a fine gold powder. We love **Paul & Joe Eye Color M in Mambo Mambo, £16**.

* Finish by curling lashes and applying two coats of waterproof mascara such as **Bourjois Push Up Volume Glamour Waterproof Mascara, £8.99**.

Make-up that LASTS AND LASTS... AND LASTS...

With long summer days upon us, these hard-working looks will take your make-up from day to night – no touch-ups required!

WORDS AND STYLING: JESS HENLEY PHOTOGRAPHY: ELISE DUMONTET



Beauty confidence

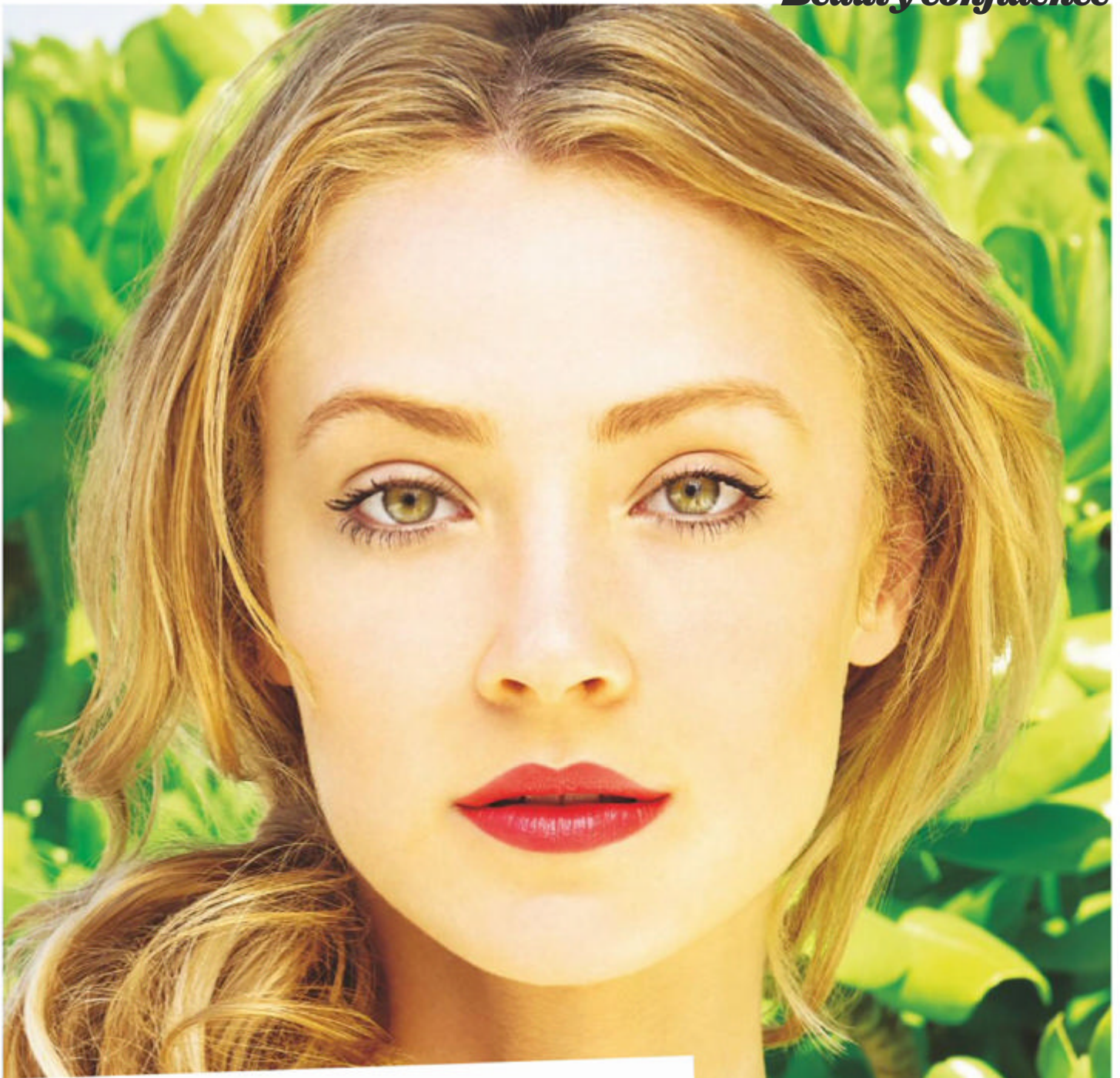
You still need
sun protection
on top of your
foundation



DOING THE SAME THING
FOR 200 YEARS MAY SEEM
DULL. BUT IT ENSURES
OUR MUSTARD NEVER IS.

The way we make it says it all.





LASTING LIPS

This season, swap your classic red for a crimson pout that is simple and chic.


* It's vital to keep your lips moisturised when the weather is hot. Start by buffing off any dry skin with an exfoliator, then put on a clear matte balm such as **Dr Lipp Original Nipple Balm For Lips, £12**. Blot off any excess.

* 'The key to this look is all in the layering,' says James. Start with a lip stain in the same shade as your lipstick and colour in your lips, making sure you keep your Cupid's bow sharp. This will mean even if your lipstick wears off after numerous glasses of champagne, your colour will remain intact. Try **Seventeen Berry Crush Lip Stain in Sleepover, £4.99**.

* For a real power pout, add a thin layer

of lip pencil. It will build on the colour and give a good base for your lipstick to hold on to. **Make Up For Ever Aqua Lip, £13**, is a great waterproof lip pencil and comes in a wide selection of colours.

* Next, add your lipstick. Again, with layering in mind, apply two or three thin coats of **Mii Silkcreme Lip Lover in Charisma, £16.95**, really working it into your lips to give it long-lasting power.

* Finish by dusting on a super-thin veil of translucent powder over the top. Using a big brush, dust in through a tissue to get the perfect amount on your lips without overloading them. 

* **Thanks to Cancun Convention & Visitors Bureau. The team stayed at Secrets The Vine Cancun Resort & Spa. See cancun.travel**



SLIM INTO YOUR SWIMSUIT

Summer holiday around the corner? It's time to get serious about your body. Just follow our simple diet plan

**LOSE 6LB
IN TWO
WEEKS!**

This easy-to-follow diet will have you looking thinner, firmer and feeling more fabulous in just 14 days. It's low in calories, but not so low your metabolism will slow down and go into starvation mode. Plus it's filling, with plenty of low GI (glycaemic index) foods like wholegrains, fruit and vegetables.

THE DIET RULES

- 1** Eat as much salad and vegetables (except potatoes) as you like, just don't add any butter or oil.
- 2** Salad dressings must be fat-free – try using balsamic vinegar or lemon juice.
- 3** Stay hydrated with plenty of water. 'Diet' drinks and squash are allowed, but keep to a minimum. Add just a splash of skimmed milk into tea and coffee.

BREAKFASTS

Choose one each day

- * 2 Weetabix, 150ml skimmed milk and a chopped pear. A glass of pure fruit juice.
- * A banana and berry smoothie made with half a banana, a handful of berries, 150ml skimmed milk and 2tbsp low-fat natural yogurt. 1 orange.

LUNCHES

Choose one each day

- * Slimmer's ploughman's – 4 rye crispbreads, 2 light mini Babybel cheeses, celery, pepper and carrot sticks and 2tbsp tomato salsa. An apple and a satsuma or clementine.
- * Wholemeal wrap with salad and 75g spicy cooked chicken. 1 fat-free yogurt.
- * 3 oatcakes, topped with 100g cottage cheese with pineapple, and large mixed salad. Nectarine or a peach.
- * Low-calorie pasta and tuna salad (less than 300 calories) with 8 cherry tomatoes. A handful of cherries or grapes.
- * Small wholemeal roll spread with mild mustard, filled with 75g lean ham and sliced tomato. Mixed salad and a pear.
- * Any supermarket sandwich less than 350 calories. 1 piece of fruit.

DINNERS

Choose one each day

- * Vegetable chilli (under 375 calories if bought) with 3tbsp rice (cooked) and large mixed salad.
- * Low-fat chicken risotto (under 375 calories if bought) and large salad.
- * Cauliflower and chickpea curry with 3tbsp brown rice (cooked) and salad.
- * 150g salmon fillet, grilled, with 3 new potatoes, asparagus, broccoli.
- * 50g chicken breast dusted with Cajun spice, baked with 4 new potatoes, red pepper, button mushrooms, courgette and onion wedges. Serve with a large mixed salad.
- * 150g prawns stir-fried with 200g bag of stir-fry vegetables seasoned with soy sauce, and ready to wok noodles.



Stir-fries are so quick you won't feel the need to give in to pre-dinner nibbling!



A smoothie is a great way to kickstart your day

- * Slice of wholemeal toast with a little low-fat olive spread and 1 scrambled egg. 1 fat-free fruit yogurt.
- * 40g wholegrain cereal (All-Bran, Bran Flakes), 150ml skimmed milk. Pot of fruit in juice.



Wraps are substantial enough to fill that lunchtime gap

SNACKS

Have one portion of fruit and one snack daily. Choose from:

- * 1tbsp nuts and seeds
- * 4 Brazil nuts and 2 fresh apricots
- * 2 rye crackers with low-fat cream cheese
- * A pot of vegetable sticks – carrot, celery, pepper, cucumber – with 2tbsp salsa dip.

TOP 4 DIMPLE BUSTERS

- 1 Any exercise stimulates your circulation and it will help to reduce the appearance of cellulite.
- 2 Body brushing a couple of times a week also peps up your blood flow.
- 3 Drink plenty of water - remember that plumped up, hydrated skin helps to conceal any dimpled fat beneath
- 4 Cut down on salt. It forces your body to hang on to excess fluid and makes you look bloated.

TURBO CHARGERS

Use up to an extra 100 calories a day with any of these aerobic exercises.

- * Start skipping. Aim for two minutes and work up to 10 minutes.
- * Take a brisk 20-minute walk.
- * Get a hula hoop and hula for 10 minutes. The modern ones have built-in weights to give them more momentum as you spin.
- * Run up and down stairs for 10 minutes (great for bottom and thighs).



Whittle your waist and use up calories with a hula hoop



Suzie Hayman has trained with Relate and been a counsellor for 20 years

Ask Suzie...

Having problems with your nearest and dearest? Solve your dilemmas with Suzie's expert advice

Is my partner lying to me?

For three months I've been seeing a man who's 50. He told me his wife and her parents died eight years ago in a car accident and that his own parents died when he was young.

Even though my three children have grown up and I live alone, he only stays over one or two nights a week.

He's very generous and thoughtful, although he can be dictatorial, telling me how I should treat my children. And he won't take me to his house. He refuses

to say why and says that he may never do so. What's wrong?

Suzie says:

It sounds as if your partner has a terrible history and it would make you sympathetic of him and his many foibles. It would make you think perhaps he shies away from full intimacy because it's too soon for him to commit himself.

And if it were all true, maybe he doesn't want to show you the home he shared with his wife for the same reason. And perhaps he tells you 'Maybe never!' not because that's true, but because at the moment he's protecting himself.

But his tales of death and doom shouldn't mean you can't expect to meet his family or anyone who knows him – that's too convenient.

To my mind, keeping you away from his own home is a dead giveaway. It positively screams, 'I've got a family at home!'

He could explain nights away to a partner by saying it's for work.

If he's happy to stay with you then he should be happy to share everything else, whatever his sad background. I think it's a deal-breaker. If I were you, I'd tell him, 'Change or leave.'

My friend is two-faced

There's a friend I've known since school. I say a friend, but more often than not she upsets me. She's really tactless and tells other people things I've told her in confidence.

I was annoyed with my sister last week and I suppose I must have had a bit of a rant about her because the next thing I know my friend had told her and now my sister is angry with me. I don't know what to do.

Suzie says:

First, apologise to your sister. Take her out for a treat and remind her how often you fought as children, but that you were always there for each other and you love her.

Next, have a long think about this friend and what the upsides are of your relationship with her. Does she bring anything to the table? If yes, then you have to accept and work with the downsides – that she can't be trusted. What you need to do in future is simply not confide in her – find someone else for that.

But if the answer is no – why stay friends? Life's too short to waste on people who bring you down.

Moving makes me so unhappy

My husband has been promoted, but that means a new job some distance from where we live now. We've put our home on the market and found a place to rent while we look for a new house and I look for a new job.

Our daughter and grandchildren live nearby, which will be lovely, but I'll be leaving behind all the people I know. I'm not looking forward to it!

Suzie says:

Even if you've visited an area, moving there from somewhere you know and have a social network will always be stressful and scary. But there are plenty of things you can do to improve your chances of enjoying the move and getting the best out of it.

You've probably visited your daughter there already, but places seem very different when you're there for a weekend away rather than a new home. So take up the lease on your rental as soon as you can and spend as much time as possible there exploring the area before you move.

This will help you decide where you want to buy, but will also give you an idea of where you'd like to shop, eat out and meet people.

By practising moving before you actually do, you'll be less anxious and more prepared.

I hate my fiancé's daughter

My fiancé of one year has a daughter from his previous marriage and I hate her. She's 12 and she splits her time between his house and her mum's.

I was going to tell my fiancé he had to choose between us but my best friend said if I did, I'd probably lose him.

Now the girl's mother is fighting over access and I'm glad – maybe if she wins, we'll be left in peace.

Suzie says:

Have another talk with your friend – she seems to realise that while you can divorce a wife, you can never divorce your children. Kids have a right and a need to stay in touch with both parents, no matter what.

His ex may be fighting over access but a family judge worth his salt would know if

she 'won', her daughter would lose. He'll come down on the side of the child and insist her father can see her. If you can't accept that, you shouldn't be in this relationship.

Even if he did lose touch with his daughter, he would never forgive himself and he may not forgive you because he will know you've not supported him. It isn't a popularity contest with you having to beat her – he can love both of you. But if you make it a tug of war, whatever the outcome, you're all losers. ☹

WRITE TO SUZIE * BY EMAIL: Send an email to Suzie with your personal problem at asksuzie@timeinc.com

*** BY POST:** Family Dilemmas, Woman, Blue Fin Building, 110 Southwark Street, London SE1 0SU.

I had a heart attack... at 34

A rare condition changed Rebecca Breslin's life forever. But now she's helping others

Until three years ago, I was convinced heart attacks were something that only happened to older people.

That all changed one Saturday morning in 2012, when I woke at 6am to a searing pain in my chest. My husband Liam was away on business and I'd been busy with work myself – I was a data manager for clinical trials – so at first I put it down to stress and went back to sleep.

But then I woke a couple of hours later with a dull ache in my left arm, and feeling sick, hot and sweaty. Because of my job I knew my symptoms all pointed to one thing – a heart attack – yet the average age for female sufferers is 70. At 34, surely I was too young?

Panicking, I called my sister Gina, but she wasn't at home so her partner Simon raced to see me. By the time he arrived I was feeling breathless and dizzy, with a stabbing pain radiating up to my jaw. He called the paramedics, who took me to hospital.

There, further tests were carried out. 'We can confirm you've had a heart attack,' the consultant said. I couldn't believe what I was hearing – I was in my thirties and had no history of heart problems. Why was this happening to me?

The doctors, equally baffled, referred me to a specialist unit, where Liam rushed back from his trip to join me.

The following days were a blur of endless tests and consultations, yet they couldn't provide any answers as to why I'd had a heart attack so young.

Three days later, doctors said I'd suffered a spontaneous coronary artery dissection (SCAD). I'd never heard of the condition before. They explained it happens when a tear occurs in an artery – blood can become trapped between the walls and form a blockage, which results in a heart attack.

While I was relieved to have a diagnosis, it was frustrating to think I might never know the cause of it – no one really knows if SCAD can be prevented or what the risk factors are.

Still bed bound in hospital, I did some research on my phone and found a clinic in America that was conducting trials to find the causes of SCAD. Frustratingly, I couldn't travel there to take part, so instead, I got involved with a Facebook group where I could chat to other people who had been through the same thing.

When I was discharged three weeks later, I told my doctor I thought we needed our own research group in the UK. He agreed, and later that year successfully applied for funding to conduct research into SCAD prevention and treatment. Now I help connect him with other sufferers I meet through the Facebook group and I've offered to take part in the trials myself.

**'I WAS
BREATHLESS
AND DIZZY'**



Rebecca's husband Liam hurried back from a business trip to be at her side

These days, though I'm back at work, my carefree attitude has gone. When I travel, I check where the nearest hospital is, just in case. I still have to avoid heavy lifting and intense exercise, and I take three types of pills every day to lower the risk of another attack.

But I've made it my mission to ensure that, one day, we'll be able to prevent this condition once and for all.

*** For more information, visit scad.lcbru.le.ac.uk**

THE FACTS

- * A spontaneous coronary artery dissection (SCAD) is when there is a bleed in the wall of a blood vessel supplying heart muscle tissue.**
- * Symptoms include chest pains, shortness of breath, sweating, nausea and dizziness. If you experience any of these symptoms, seek medical help immediately.**
- * A SCAD can strike at any age, although women are more prone to it, especially if they've recently given birth. The exact reason is unknown.**

3

**WAYS TO
BOOST YOUR
HEALTH THIS WEEK**

The scientists have spoken! Try these tips for a healthier life...



Energy fix

Brits drink 70 million cups of coffee every day, but too much caffeine can lead to high blood pressure.

Try swapping your daily coffee with Crio Brû (from £11.99 for 340g, criobru.co.uk) – low in caffeine, it contains the stimulant theobromine, giving a natural energy boost.

Stand tall


While sandals and flip-flops are a summer essential, some can cause strain on your calves and lower legs.

SOLE shoes (from £50, yoursole.co.uk) have an orthopaedic footbed that moulds to the shape of your feet, helping with pressure distribution and balance.



Phone trainer

Struggling to get motivated?

The BiteRunner app (£1.49 from the App Store) acts as a personal trainer and nutritionist all in one. By combining healthy recipes with training schedules, it's designed to help you reach your fitness goals faster. 



Almost two-thirds of the adult population are overweight or obese – pushing the health of our nation perilously close to crisis point. The ‘super super obese’ – those whose body mass index is over 60 and three times the healthy ratio – set taxpayers back £450 million annually. Rochelle Coulson is a reluctant member of this club. While her mum is a size 18-20, at just 21, Rochelle weighs 32st. Barely able to walk, let alone work, she lives off £18,200 a year combined sickness and unemployment benefits.

This April, Rochelle’s story featured in a TV series about patients whose medical needs are crippling the NHS. She’s since suffered a torrent of abuse, with commentators saying she’s ‘too lazy’ to shed the pounds. While some blame her mum, Rochelle says her weight issues are far more complex...



AGE
2 weeks
WEIGHT
9lb

A happy, carefree baby

At birth, I was 8lb 9oz – above the average of 7lb 8oz, but Mum hadn’t expected me to be tiny. She’d put on 4st during her pregnancy. Mum hadn’t successfully breastfed my older brother, so I went straight on to a bottle. I’d polish off 6oz feeds every few hours – around double what babies that age need. But I didn’t balloon straight away, I grew healthily.



AGE
10 months
WEIGHT
1st 7lb

Normal size, but always hungry

I wasn’t much heavier than my peers but I was always hungry. I took my first steps when I was 10 months. From that moment, I was running around. Then around my first birthday, my parents split up. Dad rented a flat and, for a few years, my brother and I would see him every weekend.

How does a healthy c

Here, Rochelle Coulson reveals the heartbreaking truth about how

Moment I realised how huge I really was...

At secondary school, I started lying to Mum about how much I was eating. I’d tell her I was having my packed lunch, not a school dinner, when I was eating both. She began to comment on my weight as she was starting to worry about my health. I thought she was being mean, until I stepped on the scales and saw I was 13st. I realised I was as big as I looked in my pictures.



AGE
13
WEIGHT
13st



AGE
14
WEIGHT
15st

Too big for plus-size shops

My bust was enormous, which was embarrassing. Clothes shopping became a nightmare. I was too big to fit into things from the plus-size shops. I started at a special educational needs school and I thrived. I made friends and met my first proper boyfriend. He was big, too. I thought I was in love. But he became emotionally abusive, and I turned to food for comfort. Then my grandad died and I never got to say a proper goodbye.

Gorging on chicken nuggets and chips

Struggling to cope, I spiralled into depression. I started self-harming and contemplated jumping off a bridge into the path of a train. I found a one-bed flat in Hampshire, and my partner moved in with me. Our relationship was getting even worse. One day in 2011, during a row, he threatened to kill me. I texted Mum, who called the police. He left – and I never saw him again. After that, I locked myself away from the world. I didn’t look after myself, I didn’t clean my flat. I ordered takeaways and all my groceries online and wouldn’t go outside or see anyone. I would eat a whole bag of frozen chicken nuggets and half a bag of chips twice a day.

AGE
18
WEIGHT
21st

Comfort eating after Dad left

Dad got a girlfriend and introduced us to her and her daughter. At first, everything seemed fine, but shortly after that he disappeared from our lives to be with them. I felt rejected, like I had a hole in my heart which I filled with food – little things at first like sneaking crisps from the cupboard. I was getting bigger by the day. My behaviour went downhill and Mum started using food as blackmail when I was naughty.



AGE
4
WEIGHT
3st



AGE
6
WEIGHT
5st

My weight ballooned

I was diagnosed with ADHD and put on the drug Ritalin. We moved to a different area, so I had to start over again. I found this difficult, and constantly ran away from class. As my size ballooned, bullying began with a vengeance. My meals were always healthy, but once I could reach the cupboards, Mum couldn't control what I ate. I've never blamed her. Eating made me happy when nothing else did.



AGE
10
WEIGHT
9st

The bullying got worse

Kids called me fat and changed my surname to 'Coleslaw'. Looking back, I don't remember having any friends at school. I'd go to the library, and look the other way when they shouted things at me. At home, it was different. With the local kids, I was confident, wanting to go out all the time. There was a girl who lived opposite me, and we'd ride our bikes round the block and go to the park. But at school my self-esteem would plummet.

Child grow to be 32st?

an ordinary girl grew into one of Britain's fattest women...



Is it too late?

Being this size is terrifying. I'm scared I'll die of a heart attack before I'm 25, that I'll never fall in love. Most of all, I'm scared I'll never become a mum. Although I'm heavier than ever, I've decided I don't want to hide any more. It hurts to walk to the bus stop, but I'm trying little steps at a time. I've begun eating healthily, too: breakfast is cereal, lunch is a sandwich and yogurt and dinner is a home-made meal. I hope to get my eating under control. Mum supervises my shopping and helps plan meals. Despite what people might think, I'd love to be able to work. Since I lost my grandad I've wanted to run an old people's home, and I dream of studying elderly care at university. My weight has been a lifelong battle, but I'm taking responsibility for it. I just hope it's not too late. 🍷

AGE
21
WEIGHT
32st



Rochelle doesn't blame her mum

Do the least TO FEEL YOUR BEST

When you don't have the time to be perfect, here's how to get away with it!

EAT SEVEN SERVINGS OF FRUIT AND VEG

THE REALITY On average, we manage four servings a day, but some of us are managing even less than that.

THE BARE MINIMUM Eat at least five portions daily, and make three of them veg, which are shown to help boost your health more than fruit. Sprinkle chopped fruit on your cereal, make a smoothie with green leafy veg and add peppers and carrots to sauces and stews.

CHEAT IT Organic fruit and veg contain higher levels of antioxidants, so you get a bigger vitamin hit in fewer portions.



DO 30 MINS EXERCISE, FIVE DAYS A WEEK

THE REALITY Only a fifth of women are hitting exercise targets.

THE BARE MINIMUM Fifteen minutes a day. This is the minimum needed to make a difference to your health.

CHEAT IT Try high-intensity circuit training. Research found just seven minutes of this type of training produced the sort of muscle changes normally seen after hours of cycling or running. We love Davina McCall's 7 Minute Fit DVD (£12.99).

Davina
7MINUTEFIT



WASH HANDS AFTER TOUCHING FOOD

THE REALITY Only one in 20 of us wash our hands for long enough to blitz germs – the average person spends just six seconds at the sink.

THE BARE MINIMUM Washing for 10 seconds is enough to kill off 90% of the microbes that cause infection. Rub hands vigorously to sweep away germs.

CHEAT IT Using soap is best, but if you're out and about, try a hand gel that contains 60 per cent alcohol.

AIM FOR A BMI OF BETWEEN 18.5 AND 25

THE REALITY 57% of British women are overweight, with a BMI over 25, or obese, notching up a BMI of over 30.

THE BARE MINIMUM While reaching a healthy weight is important, getting your waist measurement down could count more. '1cm lost from the waist is roughly equivalent to 1kg of fat loss,' says obesity expert Dr Ian Campbell.

CHEAT IT Use your hand to keep portion sizes in check. Your whole meal should fit in your slightly cupped hands and a serving of carbs should be no bigger than your clenched fist.



GET SEVEN HOURS OF SLEEP A NIGHT

THE REALITY The average Brit has six-and-a-half hours of sleep.

THE BARE MINIMUM Experts agree we all have different needs. If you wake feeling refreshed, you've probably had enough – and that's more important than trying to get a set amount of shut-eye.

CHEAT IT Hit the hay earlier, not later. Japanese research has found going to bed after midnight ups your risk of arterial stiffening, which is linked to cardiovascular disease.



WEAR SPF BETWEEN APRIL AND OCTOBER

THE REALITY 40% of women don't use SPF in this country when it's sunny.

THE BARE MINIMUM Wear SPF15 every day in spring and summer. 'Choose a sunscreen with broad spectrum UVA and UVB protection to protect against burning and ageing,' says Dr Anita Sturnham, GP and skin specialist.

CHEAT IT 'Vitamin D is vital for strong bones and a healthy immune system,' says Anita. 'But most fair-skinned people only need 10 minutes of sun, without SPF, to get enough.'

DRINK SIX TO EIGHT GLASSES OF WATER

THE REALITY That's about 1.2 litres. Most of us manage about 200ml a day. **THE BARE MINIMUM** Try to aim for six to eight glasses of fluids. It doesn't have to be just plain water – juices, soups and herbal teas all count, too. Even coffee and your bog-standard builder's brew can contribute, as they're made mostly of water.

CHEAT IT Download the Waterlogged app (free, iTunes), which tots up how much you're drinking and prompts you to go and fill your glass up.


THAT'S CLEVER!

To help you drink more, try infusing your bottled water with herbs or fruit to give it some flavour

MAKE SURE TO NEVER MISS BREAKFAST

THE REALITY One in eight of us give breakfast a miss, statistics show. However, a healthy, balanced breakfast every day helps to rev up your metabolism and loads you with vitamins and minerals.

THE BARE MINIMUM Grab something, even if you don't have time to make a proper breakfast. Eating breakfast first thing helps you burn calories and keeps your blood sugar steady throughout the day, according to recent research. Meanwhile, other studies have found that skipping breakfast raises your risk of abdominal obesity.

CHEAT IT For a super-quick, healthy breakfast, try a bowl of plain yogurt sprinkled with some seeds and blueberries. Need to eat on the go? A banana and a small bag of nuts ticks all the boxes. 



For more ideas to boost your wellbeing see *Fit & Well*, on sale now, 99p.

5 new FOOD TRENDS

Food Ed Felicity shares her favourite new recipes to try



Bye big burgers - say hi to mini sliders

So sliders are basically burgers that are smaller in diameter - but that doesn't mean you can't pile them high! We've ditched the red meat and swapped it for healthier spiced-up turkey and included the must-have 'new' ingredient - avocado.

SERVES 6 PREP 15 MINS

COOK 15 MINS

- * 1kg turkey mince
- * 1 small onion, grated
- * 2 garlic cloves, crushed
- * 1tbsp Cajun seasoning
- * 1tbsp olive oil

- * 6 rashers smoked back bacon
- * 2 ripe and ready avocados
- * 12 mini brioche slider rolls (M&S)
- * 6tsp low fat mayonnaise
- * 2 little gem lettuces, leaves separated
- * 6 tsp chilli jam or chilli ketchup
- * 2 tomatoes, sliced

- 1 Put the mince, onion, garlic and Cajun seasoning together in a bowl, season generously and mix well together. Use wet hands to shape into 12 dinky burgers.
- 2 Brush with oil and grill for 5 mins, turn,

- put bacon under the grill and cook together for 10 more mins, turning.
- 3 Peel and slice avocado into rounds, up to stone, remove stone and slice remainder.
 - 4 Lightly toast burger baps. Spread with mayonnaise, top each bap with lettuce. Layer on the burgers, spread with chilli jam or ketchup and pile up the tomatoes, avocados and bacon.
 - 5 Sandwich together with the bap lids and secure with a cocktail stick.
- Per serving: 604 cals, 26g fat (8g saturated) 35g carbs**

2 Move over pulled pork – hello pulled chicken

The trend for slow-roasting big pieces of pork and then 'pulling' or shredding the meat came over from America's Deep South and was quickly made popular here thanks to Jamie Oliver. It's caught on so much that it's even hit a certain fast-food chicken restaurant! But we reckon you don't even need big hunks of meat to make this work – try this updated twist on chicken fajitas.

SERVES 4 PREP 10 MINS COOK 50 MINS

- * 2 x 200g tubs tomato salsa
- * 2 tsp chipotle paste
- * 6 boneless, skinless chicken breasts
- * 4 garlic cloves, crushed
- * 8 corn tortillas
- * 1 lime, cut into wedges
- * 200ml soured cream
- * 8 spring onions, trimmed and chopped
- * 8 cherry tomatoes, quartered
- * 16 chilli pepper pearls

1 Heat oven to 180°C, Gas 4. Combine the tomato salsa and chipotle paste. Put chicken into a casserole dish with a tight-fitting lid.

2 Season chicken generously with salt and ground black pepper, sprinkle over the garlic and combine with the salsa mixture. Add 150ml water, cover and cook in the oven for 50 mins.

3 Heat tortillas in the microwave, according to pack instructions.

4 Shred the chicken with 2 forks and serve on top of tortillas with a squeeze of lime, a dollop of soured cream, and a sprinkling of spring onions, tomatoes and chilli pepper pearls, if you like.

Per serving: 713 cals, 23g fat (11g saturated) 74g carbs



Food Ed's tip

Try cooking the chicken and salsa in a slow cooker for several hours while you're out.



4 Boozy blitzed berry fro-yo

Power blenders can mash up frozen fruit in moments to make super-healthy instant ice creams! And we're loving the trend to drench it in (less healthy) booze!

SERVES 4 PREP 10 MINS

- * 350g frozen summer berries
- * 2tbsp creme de cassis
- * 200ml vanilla yogurt
- * 200ml custard
- * 2tbsp agave syrup
- * Good splash of vodka

- 1 Put all the ingredients except the vodka into food processor and blitz them together.
- 2 Either serve straight away scooped into freezer-chilled glasses, or tip into a freezer container for just an hour or so if you prefer a firmer consistency.
- 3 Scoop into tumblers and drench in vodka to serve!

Per serving: 160 cals, 3g fat (1.5g saturated) 25g carbs

Food Ed's tip

This has is soft scoop when it's freshly made. If using from frozen, take out 30 mins before serving.



Creamy no-cheese blueberry 'cheesecake'

There's a growing trend to ditch the dairy – but that doesn't mean you need to say cheerio to cheesecake! Coconut 'cream' gives a gorgeous rich texture.

SERVES 8 PREP 20 MINS

PLUS CHILLING

- * 200g blueberries
- * 50g golden caster sugar
- * 2tsp thickening granules
- * 100g dairy-free plain chocolate
- * 15g olive oil spread
- * 125g dairy-free digestive biscuits, crushed
- * 50g desiccated coconut
- * 6 gelatine leaves
- * 400ml can coconut milk
- * 160g can coconut cream
- * 150ml coconut milk yogurt
- * 4tbsp agave syrup
- * finely grated zest and juice 1 lemon

1 Put the blueberries in a pan with the sugar and 2tbsp water, bring to boil, remove 12 berries, add thickening

- granules and cook for 2 mins until fruit is softening and liquid has thickened. Cool.
- 2 Melt the chocolate and olive oil spread in the microwave on High for 1 min 30 seconds. Stir in the biscuits and coconut to combine. Press into the base of a 19cm loose-based tin. Chill on a tray.
- 3 Soak the gelatine in 4tbsp cold water, to soften.
- 4 Put the coconut milk, coconut cream, yogurt, lemon zest and agave syrup in a processor – blend to combine.
- 5 Put lemon juice into a heatproof jug in a pan of simmering water. Remove gelatine from water, add to lemon juice, heat until gelatine dissolves.
- 6 Stir some of the coconut mixture into lemon and gelatine, then pour it all back into processor, whizz together, then pour on to biscuit base. Spoon over blueberry mixture at intervals, then swirl together with a cocktail stick. Chill for at least 4 hours. Top with reserved blueberries.

Per serving: 446 cals, 32g fat (25g saturated) 36g carbs



5

Hybrid hero: croissant + muffin = cruffin

Apparently, the original recipe from San Francisco takes 3 days to make! We prefer our speedy cheat's version

SERVES 6 PREP 20 MINS

COOK 25 MINS

- * 75g unsalted butter, room temperature
- * 75g golden caster sugar
- * 75g ground almonds
- * 2tsp plain flour
- * a few drops almond extract
- * 1 egg yolk
- * 2 cans croissant dough
(we used Jus Rol 6 x 42g croissants)
- * 75g milk chocolate, cubed
- * 75g plain chocolate, cubed

- * 1tbsp freeze dried raspberry sprinkles
- * 1tbsp toasted flaked almonds
- * 1tbsp micro marshmallows
- * 1tbsp mini fudge chunks

1 Heat oven to 200°C, Gas 6. Grease 6 deep muffin tins or dariole moulds. Mix together the butter, sugar, almonds, flour, almond extract and egg yolk to make a smooth paste.

2 Unroll croissants from can and spread over the almond mixture. Roll one piece

around in a spiral, then twirl another one around, lower down and pop into greased tin. Repeat 5 more times.

3 Bake for 15 mins, loosely cover with foil and cook for 10 more mins.

4 Cool cruffins in tins for 10 mins, then pop out. Melt chocolates in bowls over simmering water. When cool, drizzle over chocolate and sprinkle with almonds, dried raspberries, marshmallow or fudge.

Per serving: 711 cals, 44g fat (21g saturated) 68g carbs 🍷

Food Ed's tip

To switch up your fillings, try Nutella, jam, lemon curd, caramel or cinnamon sugar instead.

It's your

WEEKEND



Jessica Chastain gives good heaving bosom in this classy costume drama

Going out

Colin Farrell is in full brooding mode as the action is moved from Sweden to Northern Ireland in this adaptation

The **ONE** great film

MISS JULIE

WHO? Colin Farrell, Jessica Chastain, Samantha Morton.

WHAT? On a midsummer night in an atmosphere of gay abandon, Miss Julie (Jessica Chastain) and John (Colin Farrell), her father's servant, united in mutual loathing and attraction, become locked in a seductive game of manipulation. But their forbidden love soon leads to desperation and very dangerous consequences.

WHY? If you're curious to see how a highbrow 1888 theatrical classic by Strindberg is brought to life on screen.

WHY NOT? If attention-grabbing action set pieces are more your thing.

VERDICT: Period drama at its finest, showing 'horrible boss' Colin Farrell in a whole new light as an actor.

OUT 8 July ★★ ★

My weekend top 5

Gwilym Lee

WATCHING

Game Of Thrones. I didn't think it would be my cup of tea, because I'm not into fantasy, but it's more about politics.

LISTENING

Radiohead is always my go-to band. But at the moment I'm loving a podcast on military history. It's pretty intense!

EATING

My Sunday ritual is spending the whole day with mates, cooking and drinking. Something like a slow-roasted piece of meat is perfect.

DRINKING

Bourbon cocktails like Old Fashioneds or Mint Juleps. Sometimes we're too drunk to enjoy the food!

READING

To Kill A Mockingbird by Harper Lee. Everyone seems to read it at school, but I never have, so I'm going to tackle it.

★ Gwilym stars in *A Song For Jenny*, BBC1, Sunday 5 July



Midsomer Murders actor Gwilym reckons Sundays are made for slow-roasting

All you need to make it a great one

Book it now!

LATITUDE

One of Britain's most eclectic festivals is just round the corner, with performances from top comedians Mark Steel and Jason Byrne plus bands, dance companies, literary talks and cabaret. Latitude takes place from 16-19 July at Henham Park in Suffolk.

Weekend adult tickets cost £192.50 plus £8 booking fee.

For more information, see latitudefestival.co.uk



LIZA MINNELLI

The irrepressible singer is returning to our shores for just three evenings, with a 90-minute interview followed by a Q&A session with fans – and of course, to sing a few songs. She plays the London Palladium on 20 September, followed by Sheffield's City Hall and Glasgow's Clyde Auditorium. **For tickets, visit seetickets.com**



SEAN KELLY

Fans of cult TV show *Storage Hunters* won't want to miss its star Sean Kelly's debut stand-up show, covering topics including his unusual career path from military intelligence via working in newspapers to auctioneering. **The tour runs from 25 September to 29 October – to book, visit ticketmaster.co.uk**

Great days out

BEACH PICNICS

Head to the coast this Saturday for one the National Trust's free Big Beach Picnic events



FAMILY FUN

1 ROBIN HOOD'S BAY, NORTH YORKSHIRE

Take the kids for a day of sand sculpting workshops, rock pooling and fossil hunting. And if you're hot to trot, the local riding centre is on hand!

Times: 11am-2pm. See nationaltrust.org.uk/yorkshire-coast



HEAVEN IN DEVON

2 WOOLACOMBE, DEVON

With seals to spot, waves to surf and beach games to play, a day out at this stunning three-mile stretch of north Devon provides fun for all the family.

Times: 11am-3pm. See nationaltrust.org.uk/woolacombe-morte-hoe-and-ilfracombe



TAKE TO THE WAVES

3 BARAFUNDLE, PEMBROKESHIRE

Home to some of the best beaches in the world, the coastline around Stackpole offers azure waters and golden sands. This weekend there's a storyteller and pleasure boat rides.

Times: 11am-2pm. See nationaltrust.org.uk/stackpole

WORDS: CHLOE THOMAS, HELEN STUART AND MIRIAM HABTESILLASIE
PHOTOS: ALAMY, PA, WIREIMAGE

Staying in Well, who doesn't like a ni



What to record next week

OBSESSIVE COMPULSIVE CLEANERS: COUNTRY HOUSE SPECIAL TUES, C4

An obsessive team of cleaners are let loose on Britain's stately homes, to help the owners – who are struggling without domestic staff – restore the posh pads to their former glory.



VET SCHOOL ITV

The brightest young veterinary students from around the world are thrown into the wilderness for an intensive course on animal conservation. Compulsive viewing.



THE AUTISTIC GARDENER WED, C4

Award-winning horticulturalist Alan Gardner leads a team of green-fingered amateurs who will use their skills to transform neglected gardens across the country.



STILL ALICE OUT 6 JULY

Actress Julianne Moore gives an Oscar-winning performance as an eminent linguistics professor who falls victim to early onset Alzheimer's.

One show **NOT** to miss



SIX STAR SECRETS

Alison Hammond

- 1 I used to have an allotment – I grew corn, beetroots and beans.
 - 2 Recently, I won £500 at Gala bingo. That's my holiday sorted!
 - 3 Years ago, I went to Ant and Dec's joint birthday party, I took my mum and the food was great!
 - 4 My mum bought me laser eye surgery a few years ago. She gave me the gift of sight.
 - 5 I really want a wedding! I just want the big dress and a great party with all my mates around me.
 - 6 I've always dreamed of having a chat show. Watch this space!
- * Catch Alison on *This Morning*, weekdays 10.30am, ITV. Visit itv.com/thismorning.



ght on the sofa?



THE ONLY WAY IS UP!

Fasten your seat belts, you could be in for a turbulent time with this lot!

TUE, ITV
WHO'S IN IT: The glammed-up red army of air-cabin crew who offer top-notch service with a smile in the skies.
WHAT IS IT: An exclusive look at life aboard the world's most high-profile airline. Why not grab a

first-class ticket to all the behind-the-scenes access and gossip?
YOU'LL LOVE IT: If you enjoy fly-on-the-wall-style documentaries.
YOU'LL HATE IF: If you don't like flying and you fear watching the show could make you giddy!

WATCH IT ON CATCH-UP TV

True Detective
 SKY ATLANTIC

Colin Farrell takes over as Ray Velcoro, a detective whose loyalty is torn between his corrupt police department and mobster Frank Semyon (Vince Vaughn) who owns him.



Sense8
 NETFLIX

The creative minds behind *The Matrix* trilogy have teamed up for this new thrilling sci-fi series. It follows a group of people around the world whose fates are intertwined as they fight for survival.



My favourite apps



STRICTLY'S
 KEVIN CLIFTON

BBC Sport 'I love to keep up with the football scores.'



BBC News 'It's great for keeping up-to-date with what's happening in the world.'

Don't tell anyone...

Which part-time pop star is losing weight as she stresses over her public image?

Soap's big scene

CORONATION STREET

Ken is looking forward to Deirdre's return and buys her an oven to celebrate her 60th. But Bev arrives instead, with the news that Deirdre has died that afternoon. The Barlows struggle to come to terms with the news as the Rovers regulars raise a glass to her. But Ken later finds out that Deirdre stayed away because she was ashamed of Tracy's antics.

AND THE BEST OF THE REST

EMMERDALE When Paddy warns Chrissie of Robert's infidelity, Robert takes revenge, leaving Paddy injured in a grain pit – as the grain rises, he fights for his life.

EASTENDERS Stacey's concerned that Jean's not taking her medication and worries about her own health. But a visit to the doctor has surprising results. Plus, Nancy worries about Lee and Jane tries to build bridges with Cindy.



Bev has some devastating news for Ken

DON'T MISS IT!

woman Garden offers

Hydrangea 'Glam Rock'

This stunning variety is one of the most eye-catching hydrangeas available. The rounded flower heads are formed of dozens of red florets with blue centres, each petal tipped with an extraordinary shade of lime green. This robust, hardy shrub makes a superb addition to borders or large patio containers. Height and spread: 120cm (48in).

- * Buy 1 x 9cm Potted Plant for £9.99
- * Buy 2 x 9cm Potted Plants for £16.99



FREE
P&P!



Hydrangea 'Love'

Try this new variety of the UK's most-loved shrub. Featuring stunning tiered blooms in candy pink, 'Love' is easy to grow and will fill a space in your garden for years to come. For a touch of colour on the patio it works superbly well in containers too! Height and spread: 100cm (39in).

- * Buy 1 Powerliner Plant for £9.99
- * Buy 2 Powerliner Plants for £12.98 (RRP £19.98) – saving: £7!
- * Buy 4 Powerliner Plants for £16.96 (RRP £39.96) – saving: £23!

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thompson-morgan.com
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BY POST
Complete coupon using BLOCK CAPITALS. Payment may be made by cheque (name, address on the back of cheque) and made payable to 'Woman Hydrangea Offer' PO Box 162, Ipswich, IP8 3BX

Calls cost 5pp per minute from a BT landline and may cost more from your mobile. If paying by cheque, please make payable to Thompson & Morgan and write your name and address on the back. Subject to availability and UK only. If oversubscribed, we may substitute alternatives. Orders despatched from July onwards. Offer closes 30th July 2015. If you're not completely satisfied, please return goods within seven days with a covering letter for a replacement or a refund (including initial p&p). Offer fulfilled and your contract for supply of goods is with Thompson & Morgan, a company wholly independent of Time Inc (UK) Ltd. Woman will collect your personal information to process your order and alert you of news, new products, services and offers available from Woman and from Time Inc. by email, phone and post. You can unsubscribe from emails by clicking unsubscribe from within the email.

ORDER FORM

To: Woman Hydrangea Offer, PO Box 162, Ipswich, IP8 3BX.

Please send me the following		Price	Qty	Total
TCK10121	Hydrangea 'Glam Rock' x 1	£9.99		£
TCK10122	Hydrangea 'Glam Rock' x 2	£ 16.99		£
TCK55701	Hydrangea 'Love' x 1	£ 9.99		£
TCK55702B	Hydrangea 'Love' x 2	£ 12.98		£
TCB56187	Hydrangea 'Love' x 4	£ 16.96		£
GRAND TOTAL				£

I enclose a cheque made payable to *Woman Offers* (no cash, please) for the sum of £.....

Mrs/Miss/Ms/Mr (delete as applicable) Initial

Surname Address

..... Postcode Daytime tel no.

(inc. code) Email

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SUPERMARKET deals



Our Food Editor Felicity tracks down this week's supermarket best buys...

Get it before it goes!

We love these posh glass pots from Aldi. They're the smart, stylish way to store desserts and sweet treats.

Just **£9.99**

(usually at least three times the price).



SIZZLING STEAK KEBABS

Take 3 x 272g packs devilled beef steaks (usually £5) and cube. Thread on to soaked wooden skewers with red pepper chunks. Cook on a preheated barbecue with corn on the cob. Mix 2tbsp mustard with 1tbsp olive oil – use to brush over the meat as it cooks.



Save £5 at M&S! 3 for £10 selected grill range

PIZZA PARTY FOR LESS

Forget ordering a takeaway! Head to Co-op to make the most of its Mix & Match deal, available across all fresh pizzas and garlic/chilled breads. **3 for 2, with the cheapest item free.** We like the Truly Irresistible Kashmiri Butter Chicken, **£4.50**, and Sweet Chilli Chicken Pizzas, **£3**.



3 BEST BUYS TO THROW IN THE TROLLEY

EVERYDAY ESSENTIALS

From Morrisons

Semi Skimmed Milk 4 pints, new low price – just **89p**. Freeze and defrost as you need it to save waste.



SUPER-SALAD

From Sainsbury's

Taste the Difference Giant Couscous & Feta Salad, 220g. Was **£2**, now **£1.50**.



DELICIOUS DESSERT

From Aldi

Specially Selected 8 Meringue Nests – **99p** while stocks last.



FOR DELICIOUS IDEAS & RECIPES, visit our **WEBSITE** **WOMANMAGAZINE.CO.UK**



CRAFT BEER CRAZE

Three cheers for Lidl launching a fab new range of craft ales. Just **£1.49 each**, they've been sourced from regional micro breweries.



Morrisons deals: 400g Strawberries, **£1.49**, and Cream, **£1.79**

STRAWBERRIES & CREAM DREAM

Whip the cream with a pinch of sugar and 1/2tsp vanilla extract. Spoon on top of individual meringues. Blitz 200g strawberries with 2tbsp cassis to make a smooth puree. Quarter the remaining 200g berries, pile on top of the cream and drizzle with the boozy puree.

Dining alfresco

Enjoy eating outside this summer with these stylish outdoor accessories



Solar Portland lanterns, £12; Red check dip bowl, £2; side plate, £2; melamine nesting containers, £10 for 3; red wash rim dinner plate, £3; salad bowl, £5; large oak paddle board, £16; gingham cutlery set, £8 for 12 pieces; willow condiments holder, £5; drinks dispenser, £16; goblet, £3; hi ball tumbler, £3; tumbler £2.50; gingham table cloth, £16. All Sainsbury's Home

Outdoor living

Bulma food cover, £12, Habitat

DINING OUT IN STYLE!

Wicker carafe, £40, The Contemporary Home

Handmade oil bottle, £26.95, annabeljames.co.uk

Bamboo salad servers, £6, BHS

Zinc cutlery holder, £21.50, Boutique provencale.co.uk

Fish platters, from £8, House Of Fraser

Lantern, £12.95, dotcomgiftshop.com

Salad bowl, £14, dotcomgiftshop.com

Bamboo bowl, £5, Oliver Bonas

Two-toned board, £26, Sainsbury's

Alessi pizza cutlery, £25 for 2 sets, redcandy.co.uk

Aqua glass bottle, £6, Next

Four-piece cruet set, £25.95, Boutique provencale.co.uk

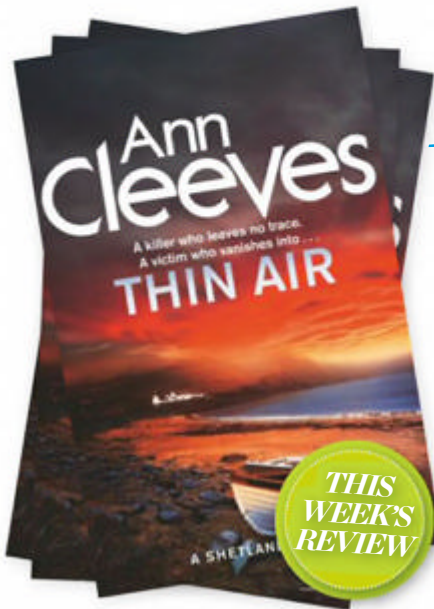
Windsor wooden bistro set, £95, Tesco

Napkin holder, £10, The Contemporary Home

Drink dispenser, £16.99, HomeSense

Wine glass, £4.99, Zara Home

Books & puzzles



Laura Jackson read *Thin Air* by Ann Cleeves, paperback £7.99, ebook £7.91 (Pan Macmillan)

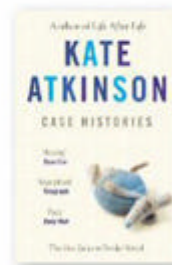
The Shetland series has already been a huge hit, having been made into a BBC crime drama starring Douglas Henshall. This sixth instalment is another cracking read. A group of old university friends head to the Scottish island of Unst for a wedding celebration. But one of their party vanishes and is later found murdered. Detectives Jimmy Perez and Willow Reeves investigate, but neither is sure if the culprit is a local Shetlander or one of the mysterious visitors.

Our verdict: ★★★★★

* See womanmagazine.co.uk/books for an interview with author Ann Cleeves

Get *Thin Air* by Ann Cleeves for ONLY £3.49 (RRP £7.99) BETTER THAN HALF PRICE AT WHSMITH

T&Cs: Subject to availability, while stocks last. Only one £3.49 copy of *Thin Air* per voucher. Voucher is valid until 13 July 2015 at WHSmith high-street stores only. This offer is excluded from outlet stores, books by WHSmith at Selfridges, Harrods and Fenwick's stores, WHSmith 'Local', online and travel stores, including those at railway stations, motorway service stations, hospitals and work places. Voucher offers cannot be used in conjunction with any other offer or promotional voucher and vouchers must be surrendered upon use. Photocopies will not be accepted. No cash alternative. WHSmith reserves the right to reject any voucher it deems, in its sole discretion, to have been forged, defaced or otherwise tampered with.



FLAWED HERO

Case Histories by Kate Atkinson

Private eye Jackson Brodie is trying to deal with life after his failed marriage. He starts investigating three old cases and gradually finds out how they are connected. Full of great characters and wit, there is nevertheless a darkness at the end.



CLASSIC DETECTIVE

The Monogram Murders by Sophie Hannah

Fans of Agatha Christie will love this new mystery about her beloved detective Hercule Poirot. Our Belgian hero is approached by a woman who reveals she's about to be killed. But she tells him not to find her murderer because once she's dead justice will be done!

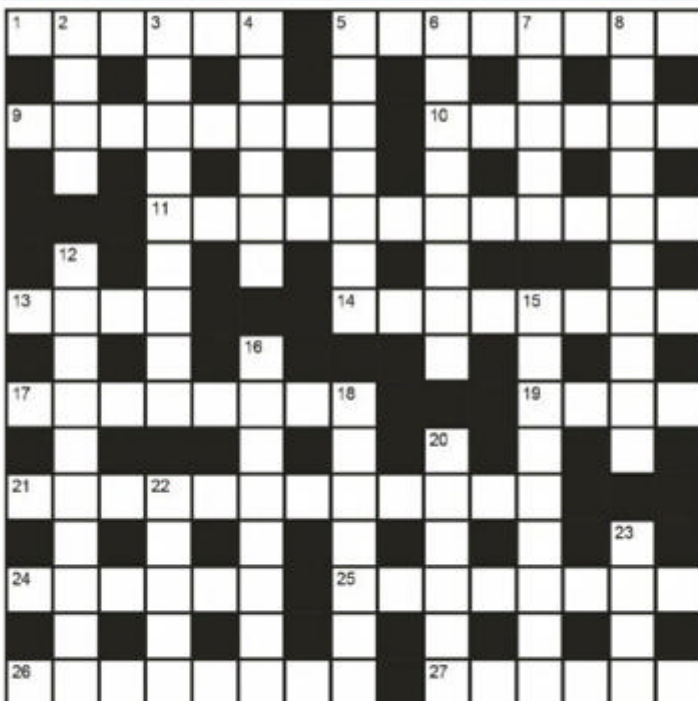


TUDOR SLEUTH

Ivy Lane by *Lamentation* by C.J. Sansom

This sixth book in the Shardlake crime series, set in Tudor times, is the finest yet. Matthew Shardlake – a hunchback London lawyer – is asked by Catherine Parr, Henry VIII's sixth wife, to recover a stolen religious book that could lose her her head. Gripping stuff.

TRICKY CROSSWORD!



→ ACROSS

- 1 Warning signals in the way of Royal Mail Ship heads (6)
- 5 Boredom's a possibility in these places (8)
- 9 I'm dusted off, being the dirtiest (8)
- 10 Slight damage to the illuminations (6)
- 11 Maintenance as a form of 21 Across (12)
- 13 I follow government levy for transport (4)
- 14 Little Norman with a friend, usually (8)
- 17 Definitions of average gins, possibly (8)
- 19 In unemployment ask someone for a job (4)
- 21 Talk with another as a form of 11 Across (12)
- 24 Go round a Tube line (6)
- 25 Boy lisps badly, perhaps (8)
- 26 Cut off detail, so ruined (8)
- 27 No swag upset these carts (6)

→ DOWN

- 2 Noisy, confused old university leader (4)
- 3 Introduce fresh price cut (9)
- 4 Understanding it is spotting things (6)
- 5 In the middle of new beet production (7)
- 6 Salvation for courier service (8)
- 7 Should form part of thoughts (5)
- 8 Static and with nothing to debate (10)
- 12 Classifications tie corsage in knots (10)
- 15 Being present and paying heed (9)
- 16 Most cross coming from Tangiers (8)
- 18 Took a photo when broke (7)
- 20 Dance witnessed, that's a puzzle! (6)
- 22 New start in local, voice-wise (5)
- 23 Chart some upland areas (4)

LAST WEEK'S TRICKY CROSSWORD ANSWERS ACROSS 1 Circumstances 8 Unit 9 Acceptable 10 Russia 11 Excusing 12 Ornaments 14 Role 15 Comb 16 Specimens 21 Passport 22 Palace 24 Assignment 25 Ages 26 Congratulates DOWN 1 Conquer 2 Rates 3 Unaware 4 Sickest 5 Aspect 6 Classroom 7 Silence 13 Admission 15 Classic 17 Patient 18 Capital 19 Nucleus 20 Corner 23 Least

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**moneysaving
expert.com**

*MoneySavingExpert.com's
Martin Lewis is fighting to save you £££s*

FIRST STEPS TO CUT CHILDCARE COSTS

Important warning for anyone who pays for childcare: major changes take place this year. You need to decide soon how they affect you – leave it too late and you could miss out on £1,000s. This isn't just for babies – summer clubs for hairy, rugby-playing 15-year-olds count as 'childcare', too!

* Are you eligible for childcare tax credits?

The most important start point is to check if you're entitled to the 'childcare element of Working Tax Credit'.

This is NOT the same as Child Tax Credit. You can usually claim it for kids up to age 15, provided you pay for approved (Ofsted or equivalent) childcare. Sadly, the eligibility criteria are complex. A simple rule of thumb is if you're a single parent working 16+ hours a week, or a couple BOTH working 16+ hours a week, and your household income is under £46,000, you should definitely check if you're entitled. I'm not saying you are, just that it's worth

checking, as this is big money. The average pay out is £60 a week (over £3,000 a year).

* Not entitled to tax credits?

If you are eligible for tax credits, you're likely to be better off getting that. If not, the new 'tax-free childcare' scheme launches this autumn, and the current childcare vouchers scheme that lets many pay for childcare from their pre-tax income closes for new applicants. So, if you're eligible for vouchers but not for

which can be used to pay for approved childcare for under-12s. The maximum the Government will contribute is £2,000 per child a year. Most childminders and after-school clubs are Ofsted approved, as are many nannies.

* Current childcare voucher scheme

Here you usually trade in your pre-tax salary for vouchers, eg. a basic-rate taxpayer can swap £1,000 of salary, which after tax and National Insurance is

only £700ish in your pay packet, for £1,000 in vouchers. So you're up £300 per £1,000. The maximum you can get is £55 a week per parent, which would be a gain of £930 for a basic-rate taxpayer.



the new scheme, get in quick.

The new tax-free childcare scheme means that if you're a single parent who works, or a couple where BOTH work, and you each earn under £150,000, for every 80p you put in a new childcare account, the Government will add 20p

Any parent can do this, even if their partner doesn't work, provided your employer offers it. If you're not signed up by the time the new scheme starts, you can't do it afterwards.

* Tax-free childcare vs childcare vouchers

If you're a couple where only one works, the vouchers win hands down, as you won't be eligible for the new scheme. Plus, if your childcare costs are low, it's likely vouchers win due to the tax and National Insurance savings. Yet for those whose work don't offer the vouchers, the self-employed and those with more than one child, the new scheme wins. Full analysis at mse.me/childcare.

* What about free pre-school childcare?

The Government's just announced plans to give working parents with three and four year olds 30 hours of free childcare per week. If made law, pilot schemes will start in September 2016, though there's scepticism about whether it's deliverable.

At the moment, if you have a three- or four-year-old, you're entitled to 15 hours free care a week for at least 38 weeks a year. Low-income families may also get free early education for two-year-olds. To see if your child qualifies, visit gov.uk/find-free-early-education.

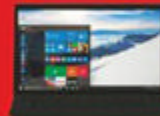
* Is there help towards summer schools?

If you have older kids and work, check out summer schools in your area. Most schemes are Ofsted registered, so if you pay for them, you qualify for the childcare element of tax credit or can pay with childcare vouchers. ☺

Martin's hot deals

FREE UPGRADE TO WINDOWS 10

If you have Windows 7 or 8.1, register to reserve a free upgrade ahead of release. Windows 10 will automatically download on 29 July. See microsoft.com/en-us/windows/windows-10-upgrade



FREE TENNIS SESSIONS

You can get free sessions and coaching (worth up to £15) as part of the LTA's Great British Tennis Weekend, 1-2 August. There are 148 events nationwide and you can go to as many as you like. Book at clubspark.lta.org.uk/opendays/.





The great British sailaway

With more ships than ever departing from UK ports, it's never been easier to choose a cruise!

SOUTHAMPTON TO NEW YORK WITH CUNARD

BEST FOR SHOPPING!

WHEN? Selected departures August-December 2015.

THE DESTINATION: There isn't a more glamorous way to arrive in the heart of the Big Apple than on a transatlantic liner. Embark at Southampton and spend seven nights on board before taking in the sights of Manhattan and getting some retail therapy at the Woodbury Common shopping outlet (premiumoutlets.com).

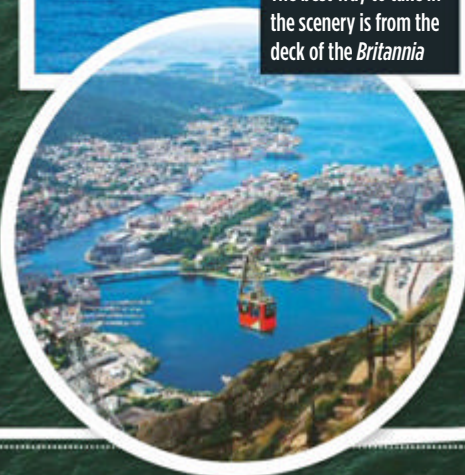
THE SHIP: *Queen Mary 2* - There are splendid interiors with floral displays, tapestries and artwork at every turn, evoking the golden age of cruising, but also plenty of 21st-century comforts including the Canyon Ranch SpaClub.

BEST BITS: There's a huge range of daily activities. The scones and cakes served during afternoon tea in the grand Queen's Room, accompanied by a string quartet, are worth breaking any diet for!

HOW MUCH? From £799 for an inside stateroom; jetlinecruise.com/woman



The best way to take in the scenery is from the deck of the *Britannia*



NORWEGIAN FJORDS WITH P&O

SCHOOL HOLIDAY BARGAIN

WHEN? 29 August-5 September 2015.

THE DESTINATIONS: The best way to see the glistening waters and mountains of the fjords is by boat. Departing from and returning to Southampton this seven-night cruise calls at the picturesque towns of Stavanger, Olden, Andalsnes and Bergen, where the art nouveau architecture is a highlight.

THE SHIP: *Britannia* - Launched by the Queen in February, the modern, cool interiors feel like a five-star hotel. Food is a big focus, with a team of celebrity chefs including Marco Pierre White, James Martin and 'cake boy' Eric Lanlard designing the menus, and Olly Smith picking the wines.

BEST BITS: If you want to escape the kids there are adult-only areas on board, such as The Retreat, with its private cabanas where you can have a spa treatment.

HOW MUCH? An inside cabin costs from £749 per adult and £384 per child (two-16 years); 0843 374 0111/pocruises.com

CANARY ISLANDS WITH ROYAL CARIBBEAN

WHEN? 11-24 October 2015.

THE DESTINATIONS: Whatever the time of year you can't beat Spain and Portugal for a dose of vitamin D, culture and great food. The 13-night Sunshine In The Canaries cruise is a round trip from Southampton, taking in the region's top sites of Vigo, Madeira, Tenerife, Gran Canaria, Lanzarote, Lisbon and Bilbao.

THE SHIP: *Anthem Of The Seas* – This fun-packed smartship wouldn't look out of place in a James Bond film. Expect robotic bartenders, on-board skydiving and surfing, dodgems and a viewing pod that takes you out to sea on an extending arm. Food is outstanding but it's not all waistline-busting, as there are under 500-calorie healthy options at the spa's Devinly Decadence restaurant.

BEST BITS: On-board entertainment is top-notch. Don't miss saying hello to Gigi the giant giraffe too!

HOW MUCH? An interior stateroom for two from £1,399pp; royalcaribbean.com

THRILL-SEEKERS' HEAVEN



Visit Gran Canaria on the seventh day of your cruise



Soak up the sun on Miami's South Beach

IDEAL FOR FIRST TIMERS



Spoil yourself in the Garden Villa stateroom

THE AZORES AND FLORIDA WITH NORWEGIAN CRUISE LINE

WHEN? 6-19 October 2015.

THE DESTINATIONS: Who knew you could start your journey in Dover, Kent and end up in the sunshine state of Florida without even stepping on a plane? This 13-night cruise stops at Ponta Delgada, the capital of the Azores, a group of nine unspoiled Portuguese islands in the Atlantic, before travelling on to Miami and Tampa in Florida.

THE SHIP: *Norwegian Star* – If you've never cruised before then the *Norwegian Star* is an informal ship on

which to find your sea legs. There's a casual dress code in the 11 restaurants, including an Italian-style trattoria and an Irish bar and grill, well-planned kids clubs for ages six months to 17, waterslides and a Mandara Spa.

BEST BITS: Watching the sunset in the open air Bier Garten on deck 14, with a continental beer or lager.

HOW MUCH? Prices from £519 per person based on two people sharing an inside stateroom; 0845 201 8900 /ncl.co.uk

woman travel offers



Incredible cruise sale

The *Magellan* is operated by a British cruise company with an envied reputation for providing voyages of elegance and style at value-for-money prices. Combining high levels of comfort, sumptuous dining, and a warm welcome from the crew you are sure to have an amazing experience. *Magellan* also offers a well-appointed spa, gym, pools and Jacuzzis, shops, internet centre and library.

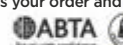
What's included:

- * Full-board accommodation on board *Magellan* from Tilbury – no flying
- * Traditional British and international full-board cuisine
- * A superb programme of stylish entertainment
- * On-board leisure facilities including spa, gym, pools and Jacuzzis, shopping gallery, internet centre and library

Book by 31 July 2015 and your second passenger travels FREE

CRUISE	DEPARTURE DATES	NIGHTS	OUTSIDE VOYAGER CABIN 1st PERSON	OUTSIDE VOYAGER CABIN 2nd PERSON	INSIDE VOYAGER CABIN 1st PERSON	INSIDE VOYAGER CABIN 2nd PERSON
Grand British Isles	28 June 2015	12	£2,249	FREE	£1,629	FREE
Amsterdam & Antwerp	3 Sept 2015	3	£539	FREE	£399	FREE
Autumn Fjordland	18 Sept 2015	7	£1,299	FREE	£949	FREE
Autumn Gardens	25 Sept 2015	6	£1,079	FREE	£779	FREE
Scandinavian Cities	1 Oct 2015	8	£1,489	FREE	£1,079	FREE
Land of the Northern Lights	9 Oct 2015	14	£2,549	FREE	£1,849	FREE
Canary Islands & Madeira	23 Oct 2015	15	£2,369	FREE	£1,719	FREE
West Indies	7 Nov 2015	33	£5,619	FREE	£4,059	FREE
Amazon & West Indies	5 Jan 2016	42	£6,729	FREE	£4,849	FREE

CALL 0330 160 7853 QUOTE CODE IWM – OR VISIT NEWMARKET.TRAVEL/IWM

Buy one get one free when booked before 31 July 2015 quoting promotional code WGF4A. Offer can be withdrawn at any time. Travel insurance not included. Lead-in price is based on two people sharing. Single supplement applies. Subject to availability. Price could be withdrawn at any time. These holidays are operated by, and your resulting contract will be with, Newmarket Promotions Ltd, ABTA V787X, a company wholly independent of *Woman*, published by Time Inc. (UK) Ltd. Time Inc. (UK) Ltd will collect your personal information to process your order and alert you of news, new products, services and offers available from *Woman* and from Time Inc. (UK) by email, phone and post. You can unsubscribe from emails by clicking  unsubscribe from within the email.

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I can't believe I won £1,000!'

Elaine Lewis, 65, from the Isle of Man couldn't stop talking about her win

Sat with a cup of tea and my laptop, I was thoroughly enjoying playing on *Woman Bingo*. 'I'm only waiting for one more number,' I said to my husband, Tony. I usually played a couple of times a week in the evening when I wanted to have some me time, and Tony always chuckled at me when he heard me getting excited if I had just a few numbers to go.

I always enjoy playing *Woman Bingo*, and couldn't help giving a running commentary! I've been a member of the site for around 18 months, and Tony had also heard me celebrating a fair few times, as I'd won £20, £50 and even £100 when I'd matched a few lines in *Sapphire Bingo* – my firm favourite game.

But in April this year, I had my biggest cause for celebration yet. I was playing in the Play Off Palace, one of the Special Games. As a member, I was able to win

some tickets for the game earlier in the week, so I decided to redeem them.

As I sat watching the game play out, I struck lucky. Hitting the jackpot, I'd bagged £1,000!

'Oh, oh, I... I think I just won £1,000!' I stuttered.

As Tony came over to look at the screen, both of us had to keep checking the balance.

'That does say £1,000, doesn't it?' I kept asking.

'Have I actually won?' I didn't dare believe it until I knew for sure.

'That is definitely £1,000,' Tony confirmed.

I was absolutely over the moon. I love *Woman Bingo* and have found the site so chatty and friendly, it was great fun. And now I'd won £1,000 on my favourite site. I didn't stop talking about it for the rest of the week!

Once I'd got over the shock

Why I love Woman Bingo
It's so friendly and you don't have to spend a lot to play. It costs just 10p a ticket for Sapphire.

and I was finally convinced that I had won £1,000, I started thinking about how I'd spend it.

A trip to Majorca

Eventually, I decided Tony and I would go to Majorca on a two-week holiday. We stayed in a lovely hotel and soaked up the sun. It was glorious and all thanks to my win.

The money went a long way too. I had enough to splash out on some clothes for the trip as well as treating us to some meals while we were there.

I'm still playing – on *Sapphire Bingo* mostly, as that's my favourite game. You don't have to spend a fortune to be in with a chance of winning. I usually buy three tickets for *Sapphire*, which costs me 30p. When it's a link game, I buy four tickets so I'm in with a bigger chance. And still, that only costs me 40p.

What's more, the site is such a laugh. You get to know people on there and you often see the same members playing the same games, so you can chat to them as you play. Some people talk about their games, others about

their day, you name it! It's great fun, and it's easy to type while you play.

The chat hosts are great too. They always ask me how I am and what I've been up to. I'm from London but live on the Isle of Man, and occasionally people from Douglas – the capital – will chat to me!

I've tried other sites, but none of them were as friendly and fun as *Woman Bingo*. It's easy to use too. I love it!

It's even fun playing on the site when you don't win, so when I hit my jackpot it truly was great. I feel so lucky.

Some of my friends have joined after I told them about my win. I never dreamed I'd be a jackpot winner, but it just goes to show that it can happen to anyone!



Elaine and husband Tony enjoyed a holiday in Majorca with her £1,000 win

CHATTY MEMBERS AND FRIENDLY HOSTS

Everyone on the site is so friendly. You really get to know people on there and have a good laugh. The chat hosts always welcome you and answer any questions you might have. They're all really funny too.



Elaine with her big jackpot win

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Woman Bingo promotion

'I scooped £4,037 in two months!'

Princy Jain, 27, from Surrey, had only just become a member when she won a cash prize

My husband had been playing online bingo for a few years when he suggested I try it. I thought it might be fun, so I started playing occasionally in the evenings, after I'd finished work at the cafe.

Joining Woman Bingo was easy and within minutes I was ready to play. It didn't take me long to discover my favourite games. I instantly loved Bingo Lounge as well as Double Bubble and Tycoon's Treasure. What I loved most was that while I played, I could have a natter with the other 'roomies' in the online chat rooms.

One night, less than two months after joining, I sat down to play a few games in the Bingo Lounge. I could see the Progressive Jackpot mounting up – £1,000, £2,000, £3,000...

A few minutes later, I had the shock of my life. A message flashed up on my screen saying I had won the Progressive Jackpot – all £4,037 of it!

I could hardly believe it. I had won £10 or £20 here and there, but this was unbelievable!

In the chat rooms, the other players were congratulating me and I just felt so overwhelmed.

I went to tell my husband, Mayank, 30, the good news. 'I've won on the bingo!' I said.

I was a winner

'What did you say?' asked Mayank, as wide-eyed as me.

I could hardly get the words out to explain. But then I showed him the screen and he could see I was a winner.

'Oh my word!' he cried. 'I didn't believe it until I saw it with my own eyes just now!'

Although it was now getting late, there wasn't much chance

of us getting to sleep. We were far too excited! Instead, we chatted about what we'd like to do with the money.

Two years earlier, we had bought our flat, but we'd never got around to decorating it the way we wanted. So we bought new rugs, carpets and furniture. But I still had plenty of my winnings and I knew exactly what to do with them...

The next weekend, I bought some new shoes and dresses, but I also wanted Mayank to have a treat. So I bought him a fancy new phone. Then my mind turned to holidays, so we booked a nice trip to Turkey.

I never dreamt I would win. I feel so lucky to have scooped over £4,000 – thanks so much, Woman Bingo!



Andrea won in the Tiki Lounge



'I scooped a £1,000 jackpot from just a 10p ticket!'

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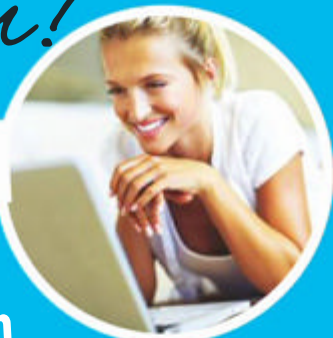


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'My £1,000 jackpot!'

Andrea Geary, 53, from Sheffield, played with 30p and won a cash prize...

I was sitting on my sofa, chatting away to the friends I had made on *Woman Bingo* and with my eyes half on the telly when I hit the jackpot.

Good friends

I've been a member of *Woman Bingo* for about six years and over that time I have seen the same names in the chat rooms and now I'm good friends with them. They always manage to put a smile on my face and we

plan to log on at the same time, so we can chat while we play.

It was a Sunday when I hit the jackpot. I bought three 10p tickets for Tiki Bingo. A link game was coming up, so the jackpot was up to £1,000.

Distracted by the telly and by the girls chatting online, my eyes weren't on the game. But then up flashed a message - all my numbers had been called!

I could hardly catch my breath as I realised what was happening. 'Christopher! Come and look at the screen!' I yelled to my brother, who was sat on the opposite sofa. 'I can't believe it!' he said.

I was so chuffed

As I realised I had hit the jackpot I was so chuffed and all the girls were congratulating me in the chat room.

Once I calmed down, I withdrew the money to my account. I still had to pinch myself to check that it was really happening.

The money was in my account a couple of days later and I've put it away for a trip to Cyprus with Christopher. I've been before and I love it, so I can't wait to get back to the warm weather and gorgeous beaches.

MAKING NEW FRIENDS!

One of the best things about *Woman Bingo* is the chat rooms. We catch up on each other's news. It's such a laugh!

I joined *Woman Bingo* after I saw a feature like this in the magazine. I thought it would be a nice way to spend some time and I dreamt of winning the jackpot. It's great fun and it's even better when you hit the jackpot, as I found out. I never thought it would be me telling my story in this magazine. I feel so lucky.

I still can't believe I won. Thanks, *Woman Bingo*! 🍀

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Left, Rylan on *X Factor* in 2013 and entertaining Ruth & Eamonn as Conchita Wurst!

Hugh Jackman did a lap dance for me!

Rylan Clark chats about his latest project and why Rita Ora changed his life...

Rylan Clark can talk. For Essex! But away from the cameras he's far more thoughtful than his flamboyant alter ego.

Since finding fame on *The X Factor*, the 26-year-old has become the face of *Big Brother* as well as regular stints on *This Morning*. He'll also soon be turning up the heat in *Celebrity MasterChef*. Here the presenter talks about marriage, his mum and the downside of fame.

Are you scared about appearing on *MasterChef*? I'm so nervous! I was offered it a while back and I said no. I'm a fan of the show but I didn't want to go on and embarrass myself. But after a couple of persuasive phone calls, I thought why not? My fiancé Dan got the hump when I told him I was taking part because I've only cooked four times this year. I love eating though, I'm a little fat boy!

What's it like working on *This Morning*? I love Phil & Amanda and Ruth & Eamonn are so lovely to work with. I've been welcomed on to the team and interviewed some amazing people. Hillary Clinton offered me a job! Jennifer Aniston was down-to-earth and Hugh Jackman gave me a lap dance – it was hilarious!

Did your friend Katie Price warn you about the downsides of fame? Before I was known, me and Kate were driving through Brighton in her bright pink car. It was late at night and we were driving through the club district and everyone starting shouting, 'Katie, Katie!' I

remember thinking, 'This is amazing!' But nowadays when I'm driving, I've got blacked out windows. I don't want anyone to see me. I've got a squeaky clean image because of *This Morning*, so when I go out for drink, I've always got one eye open.

What are your thoughts on Rita Ora and Nick Grimshaw joining *The X Factor*?

I think they're both good additions. Rita was a judge at my very first audition, she gave me a yes, so without her I wouldn't be doing what I'm doing now. But I hope they know what they're letting themselves in for because it's one of the hardest shows to work on – it takes over your entire life.

Nicole Scherzinger played a big part in your *X Factor* journey, are you in touch?

I love Nicole – we're still really good friends. She'll always be a part of my life and we always say there's a reason we came into each other's lives. I was absolutely gutted when she left the show.

How are your wedding plans with fiancé Dan Neal coming along? It's going to be a

normal wedding. We're not one of these celebrity couples, we don't make money from our relationship. There will be some celebrity guests who I class as friends, like Ruth and Eamonn, Emma and Matt Willis and Katie Price. But we're not doing a glossy magazine deal. When you see a lot



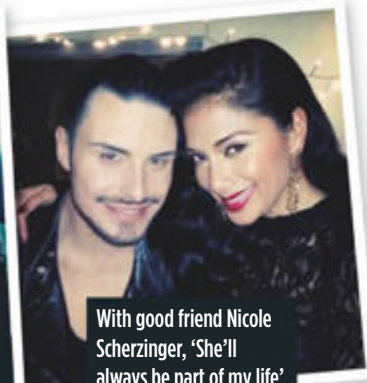
of celebrity weddings, the guest list is glittering but you think, 'They don't even know them!'

What does your mum think of your success? I was raised by my mum and my nan. I grew up in a council house, but I never went without. I went to a good school and a lot of the kids had rich parents who bought them cars. When I was 20 I had to work and buy my own car. It's nice that I can now look after my mum. Whatever my mum wants, my mum will get. ☺

*** Rylan will be in *Celebrity MasterChef* on 2 July, BBC1**



With fiancé Dan Neal, 'We don't make money out of our relationship'



With good friend Nicole Scherzinger, 'She'll always be part of my life'



RED HOT
Carol has clearly borrowed Kim's red-hot look...



COLD SHOULDER
Looking chic in these Grecian goddess-inspired frocks.



KAROL THE

Is it just us, or is Vorders morphing into Kim



FRINGE BENEFITS
Never mind the Botox, these two know you can hide your lines with a simple 'do.



SHADES OF GREY
Again, Carol seems to be inspired by Kim's fitted style.



HATS OFF!
Kim and Carol give a nod to the '70s in their oversized floppy hats.



SUITS YOU
Showing off their curves in clingy jumpsuits – hey, if you've got it, flaunt it!



MAC ATTACK
These style divas know a classic belted mac never goes out of style.

KOPY KAT!

Kardashian in front of our very eyes?



RACY LACE
Kim and Kaz clearly never got the memo about lace being demure.



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STARSCOPE



Your stars for next week and the year ahead,
by Penny Thornton



ARIES 21 Mar – 20 Apr

Romantic times could be on their way, and a blind date could be off the charts. Indeed, much can be done to repair a wounded heart or damaged relationship.

For your reading ☎ **09058 172557**



TAURUS 21 Apr – 21 May

What happens in this late June, early July period will have positive future repercussions. However, there could be some communication wrinkles to iron out and misunderstandings may occur.

For your reading ☎ **09058 172558**



GEMINI 22 May – 22 Jun

A full moon on the financial axis of your solar chart marks the end of a long fiscal cycle. It could signal the completion of a sale or the time to finally put pen to paper.

For your reading ☎ **09058 172559**



CANCER 23 Jun – 23 Jul

Be careful of sabotaging a relationship simply because you fear you will get hurt. Conversely, you must be wary of tying yourself into an agreement you're not totally sure about. Know yourself.

For your reading ☎ **09058 172560**



LEO 24 Jul – 23 Aug

If romance and pleasure have been off the agenda recently, rearrange your schedule. Even if you feel the cards are stacked against you, these influences will be working on your behalf.

For your reading ☎ **09058 172561**



VIRGO 24 Aug – 23 Sep

It may be time to move a relationship up a notch. In a little over a month, Jupiter will enter your sign marking the start of a year of expansion, and this week could give you a taste of what's in store.

For your reading ☎ **09058 172562**

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LIBRA 24 Sep – 23 Oct

A chapter is at a close. In most cases this is a happy event, but even in cases of difficulty there will be an upside. A positive turn in the tide is highlighted.

For your reading ☎ **09058 172563**



SCORPIO 24 Oct – 22 Nov

The journey may be long but trust that you'll get there in the end. Divine providence is working on your behalf, so don't create a drama if something does not materialise as you hoped.

For your reading ☎ **09058 172564**



SAGITTARIUS 23 Nov – 21 Dec

Keep emotions out of monetary discussions and you should come to a satisfactory conclusion. Throw a tantrum and a money matter could get worse.

For your reading ☎ **09058 172565**



CAPRICORN 22 Dec – 20 Jan

Romance is in the air, and if you are celebrating love you are entirely in synch with your stars. However, the full moon in Capricorn could also be signalling the end of a troublesome relationship.

For your reading ☎ **09058 172566**



AQUARIUS 21 Jan – 19 Feb

Wherever you are in terms of your love life, Venus and Jupiter can help. Perhaps it is time to stop holding back and reveal your true feelings, or maybe you need to forgive and forget. Take charge.

For your reading ☎ **09058 172567**



PISCES 20 Feb – 20 Mar

Steps taken to improve a situation should lead to success, so do something that could make a difference to your life. It does not have to be huge, but enough to change the energy around an issue.

For your reading ☎ **09058 172568**

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Our Facebook friends give us thumbs up!

At the UK Weight Loss Network, we believe the quality of our treatment can best be described in the words of our many happy customers.

You will see on our website that, rather than quote emails or verbal conversations with customers, we try wherever possible to post screen shots of genuine customer comments on social media, so all prospective customers can be confident in the veracity of our testimonials.

Here is a small selection of typical feedback we receive on our Facebook page regularly. Visit UK Weight Loss Network on Facebook and see these, and many more, for yourself!

"I just finished using mine. It does work. I have lost inches. And I only used it three times a week. My clothes fit better and I'm so pleased with the result. It's easy to use, too."

Arlene G

"I've had this machine now for just over 2 weeks – I use it for my mobile beauty business. I have used it on two clients: both have lost inches. I have found it great and my clients are very, very happy."

Danielle S

"This machine is fantastic! I have been using it for nearly 2 weeks and have lost inches. I go on holiday in 2 weeks and was dreading having to put swimwear on and bare my body. Now I will feel more confident and less stressed. It's easy to use and I would recommend it to any of you ladies that need a confidence boost."

Viv T



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New device shifts stubborn fat fast!

- Revolutionary treatment now available to rent
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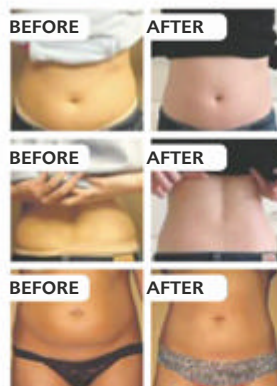
Well, if you're sick of spending hours at the gym, or getting nowhere with that latest fad diet, then the UK Weight Loss Network can help, by providing a fast, painless and effective alternative.

A revolution in the Ultrasonic Liposuction industry

Now, for the first time, the UK Weight Loss Network provides professional equipment which delivers incredible results, for personal use in the comfort of your own home.

That's right! At our special rate we deliver and collect – for FREE – your very own Ultrasonic Liposuction device for you to use at your convenience, at home.

And better still, we are now offering it you at HALF the normal price. For just £49 a week – with a minimum rental of 4 weeks for first time customers – we will deliver your device by courier, and



"...using it 10 minutes a day and the results are amazing!" Arlene G

FAST & TOTALLY PAIN FREE



A revolution in Ultrasonic Liposuction: this incredible device offers fast, pain free and totally effective treatment with professional salon-like results, all in the comfort of your own home

pick it up again when you're finished with it! Remember, a single, identical salon treatment will cost you £39 for a half hour appointment, making this offer a real 'no-brainer'!

Professional equipment for professional results at home

For many years now, our clinics, network members and even some independent salons have used our exclusive, top-quality equipment to offer their customers the best in non-invasive liposuction.

"I rented this before Christmas and lost inches from different areas of my body ... really pleased with the results."

Karen H, Facebook

For years this equipment has been the reserve of the professionals. But, after many requests, we now provide this equipment specifically designed for private use.

No more travelling back and forth to appointments when the clinic can fit you in. Now you can lose inches at your own convenience in the comfort of your own home.

For more information visit our website, join our Facebook page or call FREE on 0800 689 0521.

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Cavitation is a natural phenomenon based on low-frequency ultrasound. The ultrasound field creates bubbles in the liquid that surrounds the fat cells, which gradually grow and implode. As the membranes of fat cells do not have the structural capacity to withstand the vibrations, the effect of cavitation easily breaks them, while sparing the vascular, nervous and muscular tissue. It's completely safe to use and totally pain-free.

After disruption and emulsification of the fat cells, liquid which makes up the fat cells is released into the fluid between the cells. This is then metabolized to glycerol and free fatty acids. Water soluble glycerol is absorbed by the circulatory system and used as the energy source, whereas the insoluble free fatty acids are transported to the liver and processed as fatty acids from food. Ultrasonic cavitation causes an emulsification of the fat, releasing the triglyceride fluid which is easy to eliminate through the urine and the lymphatic system. The whole process is performed in around 30 minutes and requires the use of 2 treatments heads that are applied to the treated area. It is painless, non-invasive and you experience no down time, making it the perfect treatment for your lunch hour or as part of your busy schedule.



"I'm using it for just 10 minutes a day and the results are amazing. I really was sceptical at first but it's been worth every penny!"

Yvonne, Facebook

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— THE UK WEIGHT LOSS NETWORK —

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UK Weightloss Network, 53 Fountain Street, Manchester, M2 2AN

Bloke at the back

Fantastic Phil

Phil Spencer got his break in C4's *Location, Location, Location* in 2000. Co-hosting with Kirstie Allsopp, the pair's banter is still a ratings winner, as proved by the success of recent show, *Love It Or List It*. Phil likes quality time with his wife, Fiona, and their two sons.

I had a great time at school – I played lots of cricket. I did more sport and fewer exams. The school encouraged me to do what I was good at, and that worked well for my confidence. I went to uni at 22 and when I was doing my surveyance degree I didn't fail one exam. I think more young people should consider university at an older age, when they've worked out what they want to do with their lives.

I get recognised every time I leave the house and I love it. It's nice to be appreciated. The celebrity side isn't really relevant. I work in a very fickle business and I never take it for granted. Everyone's replaceable.

Being on TV, I've become more conscious of how I dress. It's much easier being a man on television than a woman, because fashions change faster for women. Kirstie has it hard compared to me. She teases me that I should spend more on my wardrobe!

I love sport. I like to cycle, play cricket and I also enjoy a bit of kick boxing in my home gym. Otherwise, I like to walk my dog with my wife and two boys, enjoying the countryside.

A lot of people who get on the property ladder have been helped by the bank of mum and dad. I decided that if I do nothing else for my boys, I'd like to get them on the ladder. So I bought them two houses next door to each other. 🏡

*** Phil is a spokesman for the Barclays Mortgages home improvement report 2015. Visit barclays.co.uk/mortgages**

Phil SPENCER

He's the most sharp-suited housing whizz on TV, and he can ring our bell whenever he feels like it!

WOMAN EXCLUSIVE!



Phil likes going for walks in the countryside with his wife, Fiona

THE CASTING COUCH How the property king built his steady career, brick by brick...



'00 *Location, Location, Location*
'Getting to know Kirstie on the show was fantastic.'



'10 *Raise The Roof Productions*
'Having my production company allows me to control my projects.'



'12 *Secret Agent*
'It's much harder doing the show without Kirstie.'



'15 *Love It Or List It* 'It's the first series Kirstie and I worked on and produced together.'

Say what? Kirstie is hopelessly addicted to her Twitter account!

WORDS: CHLOE THOMAS. PHOTOS: CAPITAL PICTURES, CHANNEL 4, TWITTER @PIPOFFTHEY

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